

**An essay on the gout : in which is introduced a candid examination, and a refutation attempted, of Dr. Latham's principles, lately published, on this subject; and others advanced, deduced from facts occurring in the author's own case, and from his practical experience of many years / by George Wallis, M. D. Red-Lion-Square.**

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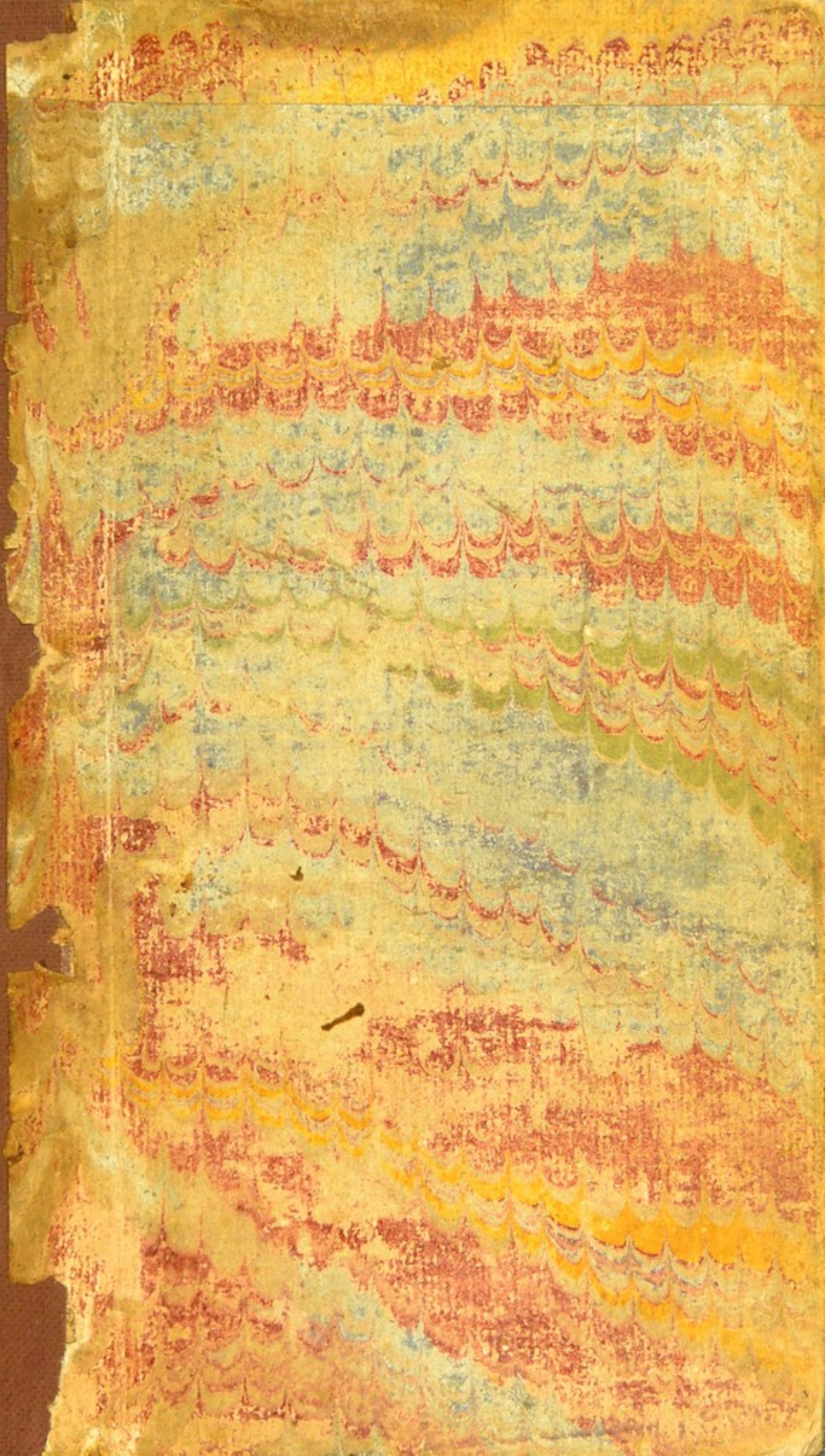
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*Edw. Richmond Nicholas.*

PRESENTED BY

*Dr. Howell*

TO THE

BRISTOL INFIRMARY,

*August 1834*

SHELF

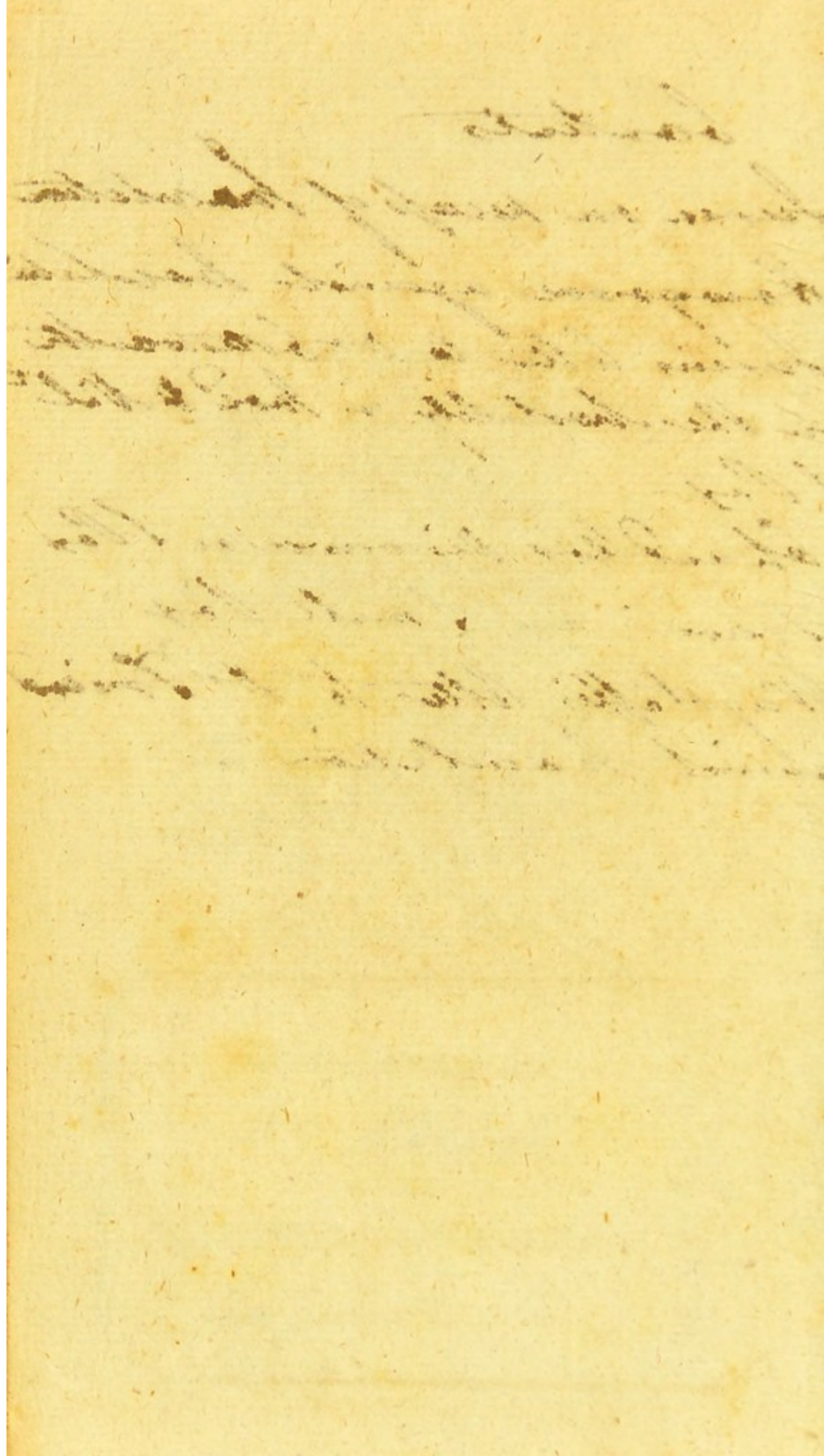
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AN  
ESSAY  
ON THE  
G O U T,

IN WHICH IS INTRODUCED  
A CANDID EXAMINATION, AND A REFUTATION ATTEMPTED,  
OF  
*DR. LATHAM'S PRINCIPLES,*

LATELY PUBLISHED, ON THIS SUBJECT;

And others advanced, deduced from Facts occurring in the  
Author's own Case, and from his practical Experience of  
many Years.

By GEORGE WALLIS, M. D.  
RED-LION-SQUARE.

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Signis multis natura declarat, quid velit, ac quærat, ac desideret; itaque  
naturam ducem si sequamur, nunquam aberrabimus.

LÆLIUS—ET CICERONIS OFFICIA.

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A N

## ESSAY ON THE GOUT.

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### PART THE FIRST.

#### SECTION I.

OPINIONS OF DIFFERENT AUTHORS RESPECT-  
ING THE CAUSE AND SEAT OF THE GOUT.

NOTWITHSTANDING the Gout, ever since the time of Hippocrates, has, at different periods, been investigated by men of the first medical abilities, still it at present stands in a state of uncertainty respecting its cause ; nor are men even now agreed what minute parts of the machine are the immediate objects of its attack.

By some, its cause is considered to be,—  
“ an acrimonious humor of the falso-tarta-  
“ reous kind, affecting the ligaments of the  
B “ joints,



“ joints, and the cartilaginous coverings of  
“ the heads of the bones.” By others, that  
it is,—“ an humor of an acid nature.” By  
some,—“ that its seat is in the small ramifi-  
“ cations of the exhalant vessels of the joints,  
“ particularly of the extremities, where they  
“ pour out a crude viscid humor, forming  
“ obstructions, where the humors corrupt,  
“ and assume a putrescent acrimony :” whilst  
others contend,—“ that its seat is in the ori-  
“ gin of the most minute radicles of the mi-  
“ nute vessels of the lymphatics.”

Some assert,—“ that the disease is heredi-  
“ tary, periodical, and incurable ;” which,  
by others, is declared to be—“ neither he-  
“ reditary, periodical, nor incurable.”

Indeed there are a great many more opi-  
nions, which differ as widely from each other ;  
so that, notwithstanding the labour of two  
thousand years or more, since medicine began  
to assume the appearance of a regular system,  
the subject seems to be clouded with such  
obscurity, that, though the generality of phy-  
sicians



ficians have agreed the cause of the gout to be an acrimonious humor of some sort or other, which may be acquired adventitiously by irregularity, indiscretion, and intemperance in the modes of living; or, that it might be hereditary, transmitted from parents to their offspring; yet, there are not wanting some who assert,—“ that it is not dependent on  
 “ any humor, or acrimony, at all; but that  
 “ it is a disease arising from defect in some  
 “ of the minute solid parts of the machine;  
 “ and that it becomes active where plethora  
 “ and atony are united with energetic influence of the brain,—and that the disorder is of the nervous class.”

That the present state stands in this predicament, will not be doubted, when the following quotations are perused, which I have faithfully selected from the works of different authors for the sake of precision; and have translated such as were originally written in Latin, for the benefit of my readers, who may not be conversant in that language.



From Boerhaave are taken the following aphorisms :—

§. 1262.—“ Ex quibus cunctis liquet, causam hujus mali (*Podagræ*) proximam vitiatam esse indolem minimorum, adeoque nervosorum, vasculorum in corpore ; tum etiam liquidi, quod nervosas partes aluit.”

§. 1263.—“ Et quidem liquidum peccans hoc, acrimoniâ, et majore tenacitate : solidum, nimiâ vasculorum angustîâ, et rigiditate.”

§. 1264.—“ Unde in locis a cerebro remotissimis, motui maxime resistentibus, ob soliditatem, duritiem, exercitium, pondus incumbens, primo se manifestat.”

From all which, says he, referring to what had been advanced before, it appears, that the proximate cause of this disease (*the Gout*) is a vitiated disposition of the smallest, consequently of the nervous vessels in the body ; as well also of the liquid which nourishes



the nervous parts : and indeed the liquid becomes offensive here by its acrimony, and encreased tenacity,—the solid part has too great a straitness and rigidity of the vessels,—whence in places the most remote from the brain, greatly resisting motion by their solidity, firmness, active powers, and incumbent weight, the disease first manifests itself.

Hoffman, in the second volume of his works, page 340, uses these words :—

§. 6.—“ Podagræ igitur rationem formalem, si rectius investigare velimus ; consistit ea ipsa in vehementi spasmō, quo membranæ, ac ligamenta nerveo-tendinosa, quibus ossa in sedibus suis collocata retinentur, et firmanur, violenter lancinantur, divelluntur, distrahuntur sæpe ad rupturæ usque, vel pali infixi sensationem, a sero vitioso acri-falso, per minimas arteriolas, et glandulas exiles ligamentorum copiosius advectō suscitatus, cum febrili motione, et partis adfectæ inflammatione conjunctus.”



If we, therefore, are willing to investigate more properly the cause of the Gout,—it consists in violent spasm, by which the membranes, and nerveo-tendinous ligaments, employed to retain the bones placed in their seats, and keep them firmly fixed, are violently distracted and torn even to a sensation of rupture, or a sharp instrument fixed therein, occasioned by a vitiated acri-saline serum carried more copiously through the small arteriolæ and glands of the ligaments, accompanied with febrile motion and inflammation of the affected part.

Lifter, in his *Exercitationes Medicinales*, edit. 12mo. Lond. 1698, p. 184, 185, conveys his ideas in these terms :

“ Hujus autem tanti doloris causam sic  
 “ breviter intelligo — In articulis itaque et  
 “ coxis, ubi primus morbi insultus est,  
 “ DUCTUS EXCRETORII cartilaginosa ossium  
 “ capita, tendines musculorum duriusculos  
 “ minusque flexiles, membranasque iis circum-  
 “ cumpositas, penetrant, pertranseuntque ;  
 “ perinde



“ perinde ut iisdem ductibus in cute intesti-  
 “ nisque fieri solet; nempe ut perpetim ef-  
 “ fundatur in cavitates, aut interstitia arti-  
 “ culorum, humor ille pituitosus, illorum  
 “ madefactioni, inunctionique valde necessa-  
 “ rius, ne in motibus suis exerendis articuli  
 “ attritione mutuâ offendantur.

“ Hi autem ductus labefacti, id est, laxati  
 “ ab aliquo exercitio improbo, maxime a ci-  
 “ bo — ex Venere nimiâ, a quâ tot motus ar-  
 “ ticularum convulsivi; — ex frequenti usu  
 “ vini vel aromatum; quibus ductus iidem  
 “ vehementer resolvuntur; vel ex naturali  
 “ quidem ductuum imbecillitate, quâ contrac-  
 “ tioni impares sunt; vel obstructi ex aliquâ  
 “ hæmorrhagiâ; ex crapulâ et otio — humor  
 “ ille ex crudo jam, et lento fero confectus,  
 “ in ductibus articulorum excretoriis moram  
 “ trahendo, facile putredinem, et acrimoniam  
 “ concipit, et ichorosus tandem fit; ipsa de-  
 “ nique ossa rodendo, illa in tophos dissolvere  
 “ potis est.

“ Unde primum atrox dolor est, nempe a



“ *distensione continuâ et dilatatione ductuum*  
“ *excretoriorum* a corrumpente humore, cui  
“ tamen distensioni partium cartilaginosa-  
“ rum *durities* plurimum resistit; ideoque in  
“ iis dolor vehementior excitatur, quam in  
“ mollioribus corporis partibus fieri solet, ubi  
“ tanta resistentia non est humori abscedenti.”

But the cause of this so great pain, in few words, I understand thus :

In the joints and that of the hips where the first attack of this disease occurs, the EXCRETORY DUCTS penetrate and pass through the cartilaginous heads of the bones, and the firm and less flexible tendons of the muscles, and the membranes surrounding them; in like manner as is usual in the same ducts in the skin and intestines, that the pituitose humor may be perpetually poured out into the cavities, and interstices of the joints, so very necessary for moistening and lubricating them, that the joints, in exerting their motions, may not be injured by their mutual attrition.

But



But these ducts weakened, that is, relaxed, by some improper practice, chiefly by eating — by too frequent venereal indulgence; from whence arise so many convulsive motions of the joints; from the constant use of wine, and spices, by which the same ducts are vehemently relaxed; or from the natural debility of the same ducts, by which they are rendered inadequate to contract themselves, or obstructed, from some long hæmorrhage, from surfeit, and indolence, that humor, now formed from a crude and sluggish serum, by being retarded in the excretory ducts of the joints, very readily acquires putrescency, and acrimony, and at length becomes ichorous, and has finally the power, by corroding the bones themselves, to dissolve them into tophi, or calculous, calcareous matter.

At first the pain is violent from a continual distension and dilatation of the excretory ducts by a corrupting or putrefying humour, which distension the firmness of the cartilaginous parts very much resists; and therefore in these a pain more violent is excited, than is wont



wont to happen in softer parts of the body, where there is not so great resistance to the degenerating humour.

From Dr. MEAD, in the 4to edit. of his works, Lond. 1762. page 541. we have the subsequent opinion,

“ The seat of this disease,” speaking of the Gout, “ is in the ligaments of the joints, “ the tendons of the muscles, subservient to “ their motions, and the membranes surrounding the bones; and when the acrimonious humor has fallen on these parts, “ it irritates and frets them: — hence arises “ an inflammation; and a painful tumor is “ formed by the oozing of the thinnest part “ of the juices out of the minutest ramifications of the arteries and nerves: — for nature makes use of pain as an instrument; “ and the sharper it is, the more speedily and “ safely she finishes her work. Sometimes, “ indeed, she does it slowly, as if she neglected her duty; and in some habits of body “ protracts the torture a longer time than “ usual,



“ usual, as if her intention was to divide her  
 “ medicine. But when the tumor subsides,  
 “ part of the extravasated humor, which  
 “ could not perspire through the pores of the  
 “ skin (and there is but a small portion of it  
 “ exhaled this way), is absorbed into the  
 “ veins and lymphatics, while the thickest  
 “ part of it sticks to the membranes; and  
 “ fresh quantities being lodged there in every  
 “ fit of the Gout, it sometimes concretes in-  
 “ to hard masses, commonly called CHALK  
 “ STONES, which by degrees stuff the joints,  
 “ and destroy their action.”

Dr. CULLEN, in his Practice of Physic, after premising some few general observations, concludes thus :

§ 533. — “ That in some persons there is  
 “ a certain vigorous and plethoric state of the  
 “ system, which, at a certain period of life,  
 “ is liable to a loss of tone in the extremities.  
 “ This is, in some measure, communicated to  
 “ the whole system, but appears more espe-  
 “ cially in the functions of the stomach.  
 “ When



“ When this loss of tone occurs, while the  
 “ energy of brain still retains its vigour, the  
 “ vis medicatrix naturæ is excited to restore  
 “ the tone of the parts, and accomplishes  
 “ it by exciting an inflammatory affection in  
 “ some part of the extremities. When this  
 “ has subsisted for some days, the tone of the  
 “ extremities and of the whole system are re-  
 “ stored, and the patient returns to his ordi-  
 “ nary state of health.

§ 534.—“ This is the course of things in  
 “ the ordinary form of the disease, which we  
 “ name the REGULAR GOUT. But there  
 “ are circumstances of the body in which  
 “ this course is interrupted or varied. Thus,  
 “ when the atony has taken place, if the re-  
 “ action does not succeed, the atony con-  
 “ tinues in the stomach, or perhaps in other  
 “ internal parts, and produces that state  
 “ which, for obvious reasons, we name ATO-  
 “ NIC GOUT.

§ 535.—“ A second variation in the Gout  
 “ is, when to the atony, the re-action and in-  
 “ flammation



“ inflammation have, to a certain degree, suc-  
 “ ceeded ; but, from causes either internal  
 “ or external, the tone of the extremities,  
 “ and perhaps of the whole system, is weak-  
 “ ened ; so that the inflammatory state, before  
 “ that it had either proceeded to the degree,  
 “ or continued for the time, requisite for re-  
 “ storing the tone of the system, suddenly  
 “ and entirely ceases. Hence the stomach  
 “ and other internal parts relapse into a state  
 “ of atony ; and perhaps have this increased  
 “ by the atony communicated from the ex-  
 “ tremities. All which appears in what we  
 “ call the RETROCEDENT GOUT.

§ 536.—“ A third cause of variation from  
 “ the ordinary course of the Gout, is, when  
 “ to the atony usually preceding, an inflam-  
 “ matory re-action fully succeeds, but has  
 “ its usual determination to the joints by some  
 “ circumstances prevented, and is therefore  
 “ directed to an internal part, where it pro-  
 “ duces an inflammatory affection, and that  
 “ state of things which we name the MIS-  
 “ PLACED GOUT.”

Dr.



Dr. CADOGAN, in his Differtation on the Gout, page 7, edit. 8vo. London, 1771, briefly fays,

“ That the Gout is fo common a difeafe,  
“ that there is fcarcely a man in the world,  
“ whether he has had it or not, but thinks  
“ he knows perfectly what it is; fo does a  
“ cook-maid think ſhe knows what fire is,  
“ as well as fir Ifaac Newton. It may there-  
“ fore feem needleſs at preſent to trouble  
“ ourſelves about a definition to ſay what it  
“ is; but I will venture to ſay what I am  
“ perſuaded it is not, though contrary to the  
“ general opinion. *It is not hereditary—it*  
“ *is not periodical—and it is not incurable.*”

Theſe quotations I have made from authors of great reſpectability who have written on this ſubject, in order to ſhew what contradictory opinions they held reſpecting this difeafe; and that incongruity of their ſentiments leaves the ſubject open to, and requires, further diſcuſſion; which taſk has been undertaken by a very late writer. But as his principles



ciples appear to me to stand upon a very different, though less probable, foundation than some of these; as he has boldly declared that “ he will continue to support and maintain “ them in opposition to the opinion of the “ whole medical world, one excepted\* ;” and as they are so diametrically opposite to the idea I have entertained on the subject, I shall now proceed to examine them.

## SECTION II.

### DR. LATHAM'S OPINION ON THE SEAT OF THE GOUT, AND ITS REFUTATION ATTEMPTED.

DR. Latham, who, in the year 1796, published a letter on this subject, addressed to sir Geo. Baker, M. D. F. R. S. F. A. S. &c. asserts, “ That it is in the exquisitely fine and “ slender radicles of the lymphatic vessels that “ he places the seat of the rheumatism,” p. 8, 9. and consequently of the Gout; for, in p. 51,

\* Dr. Latham's Letter to sir Geo. Baker, on the Rheumatism and Gout, p. 50.



the Doctor says, “ the seat of both is precisely  
“ the same.” The existence of which vessels  
he gives us in the following words: first,  
speaking of the exhalants to prove the neces-  
sity for absorbents:

“ These, from their office, have properly  
“ enough attained the name of *exhalants*, and  
“ would very soon distribute through the  
“ whole cellular texture, as well as every  
“ cavity of the body, such a quantity of  
“ moisture, as, when collected, would ne-  
“ cessarily occasion dropsy, were not this ex-  
“ travasation almost immediately corrected by  
“ another set of vessels, which have been de-  
“ nominated *absorbents*, or *inhalants*, and  
“ which, at their origin, are of inconceiv-  
“ able exility; for if, as Dr. Arbuthnot has  
“ stated, *ten capillary arteries are not equal*  
“ *in size to the smallest hair*, and the least  
“ lymphatic vessel be more than one hun-  
“ dred times less than the smallest capillary  
“ artery, the inhalant or absorbent vessel  
“ must, at its commencement, be minute  
“ almost beyond comparison; that is, *more*  
“ *than*



“ *than a thousand times less than the smallest*  
 “ *hair.* But we need not at all go to the  
 “ extent of such a supposition, since it will  
 “ be sufficient for our purpose to consider  
 “ the lymphatic system, as beginning by in-  
 “ numerable orifices, leading directly to tubes,  
 “ which, in their capacities, are equal, col-  
 “ lectively at least, to the exhaling extremi-  
 “ ties of the arteries, and which may be con-  
 “ sidered together as forming a series of ves-  
 “ sels, which, in their turn, are also collected  
 “ in another series; and so on, until we are  
 “ able to trace them into a distinct and regu-  
 “ lar arrangement, conveying fluid back a-  
 “ gain into the sanguiferous system.”

But in order to support his theory, in  
 pages 10, 11, 12, thus he pursues his argu-  
 ments.

“ I think we may be allowed to assume it  
 “ as an incontrovertible fact, that any obstacle  
 “ to a free passage of a fluid through a canal,  
 “ must of necessity occasion an accumulation  
 “ in the several streams from whence it is  
 “ supplied; and that these also having their



“ currents intercepted, must thereby as ne-  
 “ cessarily impede the course of the number-  
 “ less rivulets which should otherwise or-  
 “ dinarily flow into them. And this we find  
 “ universally to be the case, with respect to  
 “ the lymphatic system; for, *whatever may*  
 “ *be the obstructing cause*, every vessel, im-  
 “ mediately leading to the part obstructed,  
 “ must be filled, and consequently the vessels,  
 “ forming the next series, must also be dis-  
 “ tended; and swelling and turgescence must  
 “ therefore always arise in extent propor-  
 “ tionate to the size and number of the col-  
 “ lateral and anastomosing branches, which  
 “ may for a certain space divert the fluid, and  
 “ then circuitously convey it into the regular  
 “ trunk again.”

But in order to elucidate this matter more fully, the Doctor adds —

“ When a gland in the axilla has been so  
 “ enlarged as to prevent the fluid not only  
 “ from passing through it, but also, by press-  
 “ ing upon the neighbouring lymphatics,  
 “ from passing through them also, the arm  
 “ swells,



“ swells, and for a time remains in almost  
 “ intolerable pain until the swollen gland  
 “ subsides, or until the fluid finds a passage  
 “ by other more indirect courses. If it be  
 “ objected that the sanguiferous system is  
 “ here also obstructed from the same cause,  
 “ and that thence alone may arise the pain-  
 “ ful distension of the limb, I would an-  
 “ swer, that where lymphatic glands have  
 “ been cut out by the knife, as must be the  
 “ case, when, in the removal of a cancerous  
 “ breast, they have been found to be diseased  
 “ from the absorbed sanies; that then, where  
 “ there is no tumor, but a considerable va-  
 “ cuity from an *actual* loss of substance, an  
 “ interruption takes place from the destruc-  
 “ tion of the usual passages, tumefaction is  
 “ produced, and pain equally excruciating  
 “ follows.

“ When a diseased gland is extirpated from  
 “ the groin, as now and then has been prac-  
 “ tised in some syphilitic cases, the leg and  
 “ thigh will long afterwards continue in  
 “ a painfully tumefied state, until the colla-



“ teral canals shall be capable of conveying  
“ forwards the accumulated fluid.

“ We have all of us seen, after some  
“ difficult cases of parturition, that one or  
“ both of the lower extremities have become  
“ cedematous, and excessively painful during  
“ a considerable length of time, until the  
“ lymphatic vessels of the pelvis, which have  
“ suffered by the difficulty of the labour,  
“ shall have recovered from the injury then  
“ sustained, or until others in their vicinity  
“ shall, by gradual enlargement, be fully  
“ competent to discharge the office for  
“ them.”

But what does all this prove? That where there is a continuity of canal, and that canal is supplied with fluids from others as well as from its own origin, and those fluids are obliged to pursue the same course, any obstruction formed in that canal in a part distant from its origin must load with fluids that order of vessels, or that part of the canal, situated nearer the origin from whence the fluid is supplied,  
and



and occasion fulness, whence distension and pain.

This argument only proves that pain may be produced by distension occasioned by obstruction in the lymphatic system; but it by no means proves that the seat of the gout is in the most minute radicles of that system, but if any thing, rather the contrary, suppose the pain, as the Doctor does, to arise from this cause.

But in order to shew this objection to the doctrine in a clear point of view, it must be observed, the lymphatic system is a system of itself, independent of either that of the arteries or veins; that it originates from the surface of the machine, and every cavity of the body, however minute, and takes up its fluid from those surfaces, which it conveys by means of its irritability, elastic power, and the influence it receives from the nervous system, to parts of the machine for which it is by nature destined.



Now what particular effects are we to suppose to be produced in the minute part of this system to occasion those symptoms by which the Gout is manifested? From the reasoning of which the Doctor has made use, it must be obstruction of the lymphatic system. The Doctor has shewn, it is true, that obstruction in that system will occasion pain, distension, and turgescence in the parts below that obstruction, whether caused by indurated glands, or the loss of parts of the system itself, which prevent the fluids from being carried sufficiently quickly through the course of circulation; but the obstruction formed in the Gout is confined to the most minute radicles of the lymphatics; consequently, in the more superior parts, no such obstructions can take place, because the sources, from whence the lymphatic system is supplied, are blocked up; and then, under these circumstances, there would rather be a defect than superabundance of fluids; consequently, pain and distension could not be produced, as the former he allows to be the result of the latter.

But



But suppose obstruction to take place in these radicles, the streams which supply fluids for the inhalant vessels would be superabundant; and as they could not be absorbed, the exhalant might experience the effect, which is more likely, agreeable to the Doctor's own position. See page 17.

But this would be adopting, in a great measure, the idea of Doctor Lister (see page 6); consequently we cannot conclude this to be his meaning, though we must allow the difference is not very distant; for Doctor Latham places the seat in the inhalant vessels, and Doctor Lister in the exhalant; the last of which appears the most probable.

Are we then to suppose the fluids poured out by the exhalants to be absorbed by the *radicles of extreme exility of the inhalant system*, and, after passing some way through the lymphatics, then form obstructions?

This might account for the symptoms, and aptly enough coincide with the Doctor's principles;



ciples; but the conclusion would not by any means be rationally founded on the known laws of the animal œconomy; because, it then must be admitted, that fluids capable of being taken up by a series of vessels whose capacities are extremely small, incapable of circulating through vessels, the capacities of whose canals are much larger:—or are we to suppose that some unaccountable cause has produced some unaccountable contraction in some superior part of the lymphatic system, whilst the radicles, at their origin, were left in a state of morbid action, and their canals, to a given point, in a state of permeability?

To men who are content with words, and are polite or partial enough to sacrifice common sense at the shrine of superstitious credulity, such a supposition, *primâ facie*, may carry along with it an air of plausibility; but not to men who can or dare use their reasoning faculties; for they must allow, that the portion of a vessel the most acutely sensible can resist a stimulating cause which operates more powerfully on parts of the same vessel  
possessed



possessed of flighter degrees of sensation. For it is an allowed fact, that all parts possessed of sensibility, have their feeling most acute in those portions which form the most minute parts of their composition, whether arteries, veins, lymphatics, nerves, or muscular fibres.

Had the lymphatic vessels been considered as continuations from the arteries taking their names from the fluid which was received from the minute branches of that system, the hypothesis of the Doctor would have stood upon an apparently firmer foundation. Obstructions then formed in these radicles from the continuity of canal might have occasioned distension, turgescence, pain, &c. ; but as there is no such continuity of canal between the two, but they are two distinct systems, totally independent of each other, and have very different origins, on this basis the hypothesis cannot be maintained.

I hope it is pretty clearly proved, that no obstruction can take place in the lymphatic system, in the least similar to the instances the  
Doctor



Doctor has adduced, upon which he rests the principles of his theory, and that such effects, if produced in the radicles of that system, would rather prevent than occasion accumulation, pain, and tension, by a surcharge of fluid, prevented from pursuing its regular course.

Therefore all that the Doctor has proved is, that the lymphatics, from obstruction in the superior parts of their canals, are likely to occasion pain, and some other symptoms not dissimilar to what make their appearance in the Gout; a secret very well known to every practitioner of reading and experience.

But now let us see what the Doctor advances in page 57 and 58 of his work, which will bring us more immediately to the point in question, and examine upon what grounds of probability his hypothesis is supported.

“ From the observations,” says the Doctor,  
“ which I have already made, it will easily  
“ be



“ be seen, that I consider a preternatural de-  
 “ gree of irritability to be generated in the  
 “ system as the effect of excessive stimulus;  
 “ and that the digestive faculties being thereby  
 “ also deranged, chyle in an imperfect state  
 “ is constantly forced upon the lacteals, and  
 “ thence into the circulation, in a greater  
 “ quantity than the ordinary offices of the  
 “ intervening glands, and of the lungs, are  
 “ able to correct. An incongruous unaffi-  
 “ milated fluid must therefore every where  
 “ be circulated, and exposed to the action of  
 “ the fecerning extremities of the arteries.  
 “ Here indeed it may be modified, and ren-  
 “ dered more fit to enter by the absorbent  
 “ system, where it is further modified before  
 “ it is ultimately conveyed into the circula-  
 “ tion again: *but the body may be in such an*  
 “ *extreme state of irritability, that the lym-*  
 “ *phatics, upon receiving this imperfect fluid,*  
 “ *may thence immediately be disturbed, their*  
 “ *functions interrupted, constriction produced,*  
 “ *and pain, heat, redness, and tension follow.”*

Now a complete answer may be given to  
 all



all this, by asking, How come men to be seized with the Gout where the body is not in a state of extreme irritability, where no dyspepsia or indigestion has taken place; but where the constitution retains its wonted firmness, the appetite is good, and the digestive powers strong and active? And these circumstances occur in a variety of instances.

Strongly as this argument militates against the Doctor's position, so forcibly as to supersede even the necessity of further discussion, we will still proceed to examine whether his mode of accounting physiologically for the cause of the arthritic phenomena can stand the test of candid inquiry; and here, suppose we admit the presence of an imperfect fluid formed from an incongruous unassimilated fluid, it by no means appears clear that this fluid can produce the effects ascribed to it by the Doctor, so as to *disturb the lymphatics, interrupt their functions, produce constriction,* upon which *pain, redness, tension, and heat* depend.

My



My reader will please to recollect, that the lymphatic system consists of a series of vessels, originating from innumerable minute beginnings uniting into larger branches, which at their origin absorb a thin fluid that is conveyed through these larger branches into the course of circulation.

The disturbance raised in this system (of what nature it is, the Doctor has not specified) is supposed however to be of that kind as to interrupt its functions, that is, prevent the free circulation of the lymph through the lymphatics, by diminishing the capacities of the lymphatic vessels, from which impeded progress of the fluid is brought on; hence occasioning tension, pain, heat, and redness.

Now, allowing this to be the case, we must allow also, that this constriction takes place only in the larger ramifications, somewhat at least distant from the radicles; whilst the radicles were left in a *disturbed state*, no interruption to their functions, but an increased power and force bestowed upon them, by  
I which



which the fluid they absorb is vehemently pushed forward through the straitened vessels, which vessels, impeding the fluid's progress, experience a degree of tension to create pain, &c. &c. &c. But here a very awkward circumstance presents itself, which would baffle the art of the most subtile logician to clear away: for here we must admit two diametrically opposite effects produced upon the same vessels, in different parts, by the very self-same cause. Otherwise, if constriction should take place in a system of vessels, the whole must be subject to the same constricting power, and then the small radicles would have their capacities decreased in proportion with the larger branches with which they are continuous, and could only absorb as much fluid as the larger could easily convey.

Nay, indeed, I should think it more natural to conclude, if *this disturbing power, inherent in this imperfect fluid, separated from an incongruous unassimilated fluid*, could so constrict the larger branches of the lymphatic system possessed of less sensation, it would produce a  
much



much greater effect on the minute radicles of that system possessing more acute feeling, and close their orifice, by producing spasms, and for a time prevent their absorption at all. And this seems more likely to be the case, if we consider that the same disturbing cause may have the power to increase the action of the very fine termination of the arterial system, called exhalants, solicit the fluids very copiously into their branches, and pour out their contents; whence pain, distension, &c. may arise, and in some degree be increased, by the want of power in the absorbent system to imbibe the fluids as quickly as they are deposited. Nor does it appear the least contradictory to suppose, that the same disturbing power may close up the orifices of the inhalant system, and increase the action of the exhalant ones; because the exhalant ones have the power of the heart and arterial system impelling the fluids *à tergo*, whilst the radicles have no such power to assist them, or counteract the force of any applied stimulus.

In



In the small ramifications of the arterial system, it may readily be conceived, when general constriction takes place in that system, how pain, &c. may arise from the functions being interrupted; because the whole volume of blood belonging to the machine passes from the heart through the arteries to their extreme branches. If constriction takes place, the heart will be oppressed from the greater quantity of blood remaining in its ventricles than natural: it therefore must exert its utmost power to free itself from such load; consequently its force will be increased, and so will that of the larger arteries; and by the exertion of these strong expulsive powers, the blood will be hurried into the smaller branches, which being unable to permit the fluid to pass freely through them from constriction having taken place, tension, pain, redness, and heat, must be the unavoidable consequence. But as there is no such force acting upon or from the radicles of the lymphatic system, as constriction under the present circumstances must be general, in that system,



system, it does not appear probable that such consequences can ensue.

Were we to examine a number of the symptoms which frequently attend the Gout in the different modes in which it sometimes affects the machine, to which authors have given different denominations, as irregular, atonic, retrocedent, misplaced, erratic, &c. &c. &c. we should be furnished with many more arguments, which would not admit of a solution on the principles Dr. Latham has laid down as the basis of his theory ; but as I shall have occasion to take notice of them in the succeeding part of this work, I shall, for the present, content myself with humbly presuming, that what I have advanced is sufficient to disprove the Doctor's position, and prevent the admissibility of his principles in forming a mode of cure in a disease, by mismanagement so often rendered calamitous, and not unfrequently fatal ; and hasten to deliver a recital of facts, from whence I deduce my opinion of the cause, seat, consequences,

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manage-



management in, and cure of the fit of the Gout, with the prevention of its too frequent returns.

### S E C T I O N III.

THE AUTHOR'S OWN CASE, FROM WHENCE HE DEDUCES HIS OPINION OF THE NATURE OF THIS DISEASE.

I SHALL now proceed to give a concise history of what I have experienced in the Gout, before I venture to give my opinion, relative to its cause and seat; flattering myself the deductions I shall from thence be capable of drawing, may in some measure empower me to present my readers with a safe, certain, and rational practice, as far as leads to alleviating, shortening the duration, and preventing the frequent repetition of severe arthritic paroxysms. As for the pretence of a radical cure, *that* I shall leave to a set of men, who consider more the constituent parts of a patient's

tient's



tient's purse, than the constituent parts of his machine; and labour to load the credulous victim with a disease, rapacious to his pocket, destructive to his constitution, and disgraceful to his understanding; I mean, *charlatanical confidence*.

In the year 1789, I was first seized with a fit of the Gout, which came on in the following manner:

At the onset, I found myself oppressed with a general languor and lassitude; fatigued with trifling exercise, and experienced a debility through the whole of my system, attended with slight chills, sometimes succeeded by flushing heats; my pulse was frequent, yet languid; my appetite impaired, not relishing with any pleasure my food, be it of what nature it would; though I rather gave the preference to that of the mild insipid kind, than made dishes, so called, or highly seasoned viands; my tongue was slightly furred, without any increase of thirst; upon eating any thing, there came on a load and heaviness at



my stomach ; and I had frequently a rumbling of wind in my bowels, with an uneasy sensation of fulness ; my habit was costive, and *for-des alvi ejecta fuit glutinosa, et coloris potius sub-albidi* ; my urine, at first very pale, soon became high-coloured, and much less in quantity ; my skin was dry ; and though I have a natural propensity to perspire freely in bed at night, at this time I had no such appearance ; my sleep was unpleasant and unrefreshing, and now and then I felt oppressed, when laid on my back, though in a slight degree, with what is called the night-mare ; my dreams were of the frightful, sometimes horrid kind ; my hearing was not so acute as natural to me, and in my ears I had often a sensation similar to the sound from the stroke upon a bell, whilst objects at a small distance appeared to me as if enveloped in a slight mist.

In this situation I remained for some days, about a week ; towards the close of which, I felt a pain in the centre of the thick bulbous part, called the ball of the great toe,



toe, in my right foot, which I thought originated from a sharp pebble that had got into my shoe, and insinuated itself under that part; it had that feel exactly; this pain continued to tease me for three days, and now and then, in particular positions of my foot, as I walked, was very acute, though transitory.

My medical friends, with whom I at that time associated, considered my complaint as the attack of a slow fever, brought on by close application to study, and living too low, in proportion to the exercise I took. In this opinion I was willing to coincide more probably from fear than reflection; for of this disease I always had a horrid dread; the severe sufferings of my father for many years from the Gout, had left such a painful impression on my mind, as neither philosophy nor medical confidence could conquer.

However, I was soon relieved from this state of error; for, early on the fourth morning, I was wakened with the most ex-



cruciating pain in my toe and foot, infinitely superior to any thing I had ever experienced; most acute in the central point of which I first complained. But notwithstanding my pain in those parts was so much increased, I found the whole of the general symptoms, with which I was first affected, greatly alleviated, and many of them totally gone; the chief of what remained were a load at my stomach after eating, fulness of the intestinal canal from flatulence, and costiveness.

In a little time my foot began to swell, and continued to increase for some days, having a highly inflammatory appearance, a bright polished redness on the surface of the skin, and at the same time the parts all around it were œdematous. After this the pain began gradually to decrease, gentle general perspiration came on every evening, and an increased moisture on the diseased foot; but in the joint of the great toe, and great part of the metatarsal, or small bones of the foot, at their junctures, there remained for some time great debility, which again recovered their usual strength



strength by very flow degrees ; for, from the beginning of the fit to my being perfectly re-established, six weeks had elapsed.

I should have observed, that, before the attack, I enjoyed my usual state of good health.

Now I consider this as a simple fit of the Gout occurring in a good constitution, consequently the purest history which can be given of the disease. And accounts of diseases, under such circumstances, will lead us more clearly to develop the true causes, than from other constitutions in a less perfect state. For, in the former, diseases shew the genuine efforts of their power uncombined with any constitutional defect, which very often occasions anomalous appearances. And it is probably on this account that we often have transmitted to us such a variety of descriptions, differing from each other in some material points, of the same complaint. For it is a truism beyond the possibility of a doubt in medicine, that similar causes must produce



similar effects ; that when there is any variation, it must be owing to the different circumstances under which the thing acted upon is placed, and not to any alteration in the thing acting.

This might be thought the proper place for drawing my conclusions, as from the appearances above recited I mean to form my data ; but it will furnish us with some more light into the subject, if we consider the mode of treatment which was pursued.

Under the idea of pushing forward the gouty matter as quick as possible into the extremities, as soon as the symptoms shewed clearly the specific nature of the disease, Madeira, flannel, and patience, were recommended to me. Coinciding at that time with my own ideas, I adopted the plan ; however, I found my pain increase ; wine, instead of invigorating my system, and giving me spirits, appeared only to depress me, increase my heat, and render me more feverish. Still I persisted till my pain seemed to have altered  
its



its nature and situation ; for, instead of those quick darting pains, similar to that of a hot needle sometimes running through the joint ; at others, a sensation as of scraping the bone of the foot with a jagged instrument, or of a dog's gnawing the joint ; sometimes of general compression of the foot, as if it were squeezed in a vice ; and other deep-seated pains, indescribable, because incapable of comparison ; I found my foot in the superior part extremely hot, and uneasy from distension of the cellular membrane and skin, and the joints of my toe and metatarsal bones painful only in particular motions.

This very perceptible alteration in the local affection induced me to consider the cause of this change, in reflecting upon which, I thought I had some reason for drawing the following conclusion : that I was not now labouring under the original disease, but under the effects, increased probably, and continued, by the heating regimen I had been persuaded to pursue. The more closely I considered



considered the circumstances, and compared the two different states of pain with each other that I had experienced, the more was I convinced of the rectitude of my conclusion, and therefore did not hesitate to alter my plan.

Instead, therefore, of persisting in my cordial and stimulating regimen, I had recourse to one more antiphlogistic and cooling, which I lamented I had not at first pursued.

I left off, in a great degree, the use of wine; and took very freely of the saline mixture, into half a pint of which I put one ounce and an half of spirits of juniper, and two drachms of the spirits of nitrous æther, of which, within the space of twenty-four hours, I took more than a pint; in the evening, an antimonial diaphoretic; and in the morning of the third day, a cathartic draught.

By these means, I found myself in many respects relieved; the swelling of my foot began



began to subside, the heat became less violent, and the fiery redness gradually to disappear; though the uneasiness at my stomach after eating, the costiveness of my habit, and the high colour of my urine, continued, though all of them in a less degree; my urine depositing a deep yellowish sediment.

On these accounts, I added to the diaphoretic a few grains of calomel at night, and took, the succeeding morning, fifteen grains of compound extract of colocynth; by which, on a repetition, my intended purpose was fully answered; my uneasy symptoms disappeared, and my appetite began to recover itself, and soon return to its usual state; my foot, though, remained weak for some time, which I endeavoured to remove by friction with coarse flannel; at different times moving the joints when sitting, and occasionally walking, though in pain; by which the weakened parts recovered their tone and activity.

After attentively considering the whole of the symptoms, tracing their progression from  
the



the onset to the termination, and then taking them collectively, I was by no means satisfied with any former opinions I had read concerning the Gout, much less with the general mode of cure recommended in this disease, particularly in cases constitutionally similar to my own. The symptoms which preceded the painful paroxysm, or the pain itself, appeared not to be of the inflammatory kind, though external inflammation was the common consequence, but much more forcibly to be affections of the nervous system. I would be understood here, from the beginning, to that perceptible alteration of my pain (see pages 35 to 41); for here I consider the real gouty fit concludes.

#### SECTION IV.

REASONS ADDUCED IN SUPPORT OF THE OPINION GIVEN IN THE FORMER SECTION, OF THE GOUT BEING A NERVOUS AFFECTION.

WHAT I have offered in the last section, relative to the Gout being a nervous affection, will



will appear matter of mere opinion. It therefore may be thought incumbent upon me to shew the reasons upon which I think it is founded; which I the more readily attempt to give, as I flatter myself a fact of some practical consequence will be ascertained. We must now, therefore, examine the symptoms separately.

And first, The symptoms which manifested themselves before the pain of my foot became violent, as enumerated in pages 35, 36, and 37, are evidently of the nervous kind; which, on examination, we shall find similar to those by which people are oppressed who labour under a slow fever, and brought on in the following manner. We must, however, previously observe, that the nerves themselves are universally allowed to be the instruments of all sensation, by whose influence many parts are put into, and all parts continued in motion; which motion is quick, or slow, strong, weak, &c. according to the energy, or debility, of that system by which it is created. It is certain also, that slow fevers will arise from any cause which can debilitate the action  
of



of the nervous system, such as *great fatigue*, mental or corporeal; *excess of venery*; *severe study*; *uneasiness of mind long continued*; *great evacuations*, whether of blood, or other fluids of the machine; *morbid matter* received into, or generated in the habit, &c. &c. &c. We know likewise, that the symptoms which are the consequences of these causes, arise from a torpor of the nervous system; by which means the excretions of the whole habit are made in too small quantities, and some of the excretories almost entirely closed; on which account a very large proportion of excrementitious matter, that should be constantly passing out of the habit, is retained, and acrimony of different natures generated within.

Now, by this acrimony, a different train of symptoms occurs, according to the different parts affected, till nature, or the powers of the constitution, are roused to free themselves from these oppressive affections, and either corrects, assimilates, ejects, or otherwise conquers the primary offending cause; which done, the nerves begin to assume their proper



per and natural actions, all the different parts dependant thereon perform their usual functions, and the whole machine reassumes its wonted regularity in action and accustomed vigour.

These facts being indisputable, allowed by authorities of the first eminence, and obvious to any discriminating practitioner, it will be some satisfaction to see how they quadrate with those symptoms, considered as precursors of the gouty paroxysm.

The first appearances manifesting themselves, I have said, were, *general languor and lassitude, fatigue from trifling exercise, debility of the whole system, load and heaviness at my stomach after eating, costiveness, pallid urine, dulness of hearing, sounds in my ears now and then, similar to the sound of a stroke from a bell; dimness of sight, as if objects at a small distance were enveloped in a mist, &c. &c. &c.*

Now, it must be allowed, that where any parts depend upon another for the promotion



or continuance of their action, any defect in that action may naturally be attributed to something defective in the moving cause; and that moving cause resides in the nerves: for if the branch of a nerve serving any part be divided, that part will lose its power, and become paralytic in a given time, if not instantaneously; nor can the *total* loss be attributed to any other cause. That the defect resides in the nervous system, I hold certainly to be the case, when the motions of the various parts of the system are considered in general: for I am well aware, where a particular part is only affected in the manner here described, that defect may be, and often is, owing to some derangement or other in the organic structure of the part, or incapability of the part, from some accidental cause, feeling the influence of the nerves, though they themselves retain their full power.

The symptoms above enumerated appear evidently to arise from want of power in the parts affected to perform their offices in a manner consistent with a state of health.

Hence



Hence the muscles of the machine perform their motions weakly; the circulation of the blood becomes languid; the stomach and intestines are sluggish and torpid in their action; the organs of hearing imperfect in their feeling; as well as the eyes losing, in some degree, the clearness and acuteness of their vision; and all this from some cause affecting those instruments of action or motion, upon which the perceptive and moving powers of these parts depend. And that this must be the case, is obvious; because, previous to the attack of this disease, these organs experienced in themselves no defect, but were performing their functions with ease and freedom.

Now, this cause I take to be, the arthritic or gouty matter exercising a sedative power upon the nervous system in the first instance; whence a torpor in the action of all the parts subject to their influence is occasioned, by which means the fluids, which ought to circulate freely to the external parts of the machine, are conveyed too sparingly, and hence the larger vessels of the habit experience an

E

oppressive



oppressive plenitude, till, by their increased action, acquired by the natural stimulus of the habit, that is, the matter of heat inherent in the blood being there collected, increases their power, and occasions the blood to be pushed forwards more freely ; by which increase of power, the morbid offending matter is thrown from the more internal parts of the system, separated by a law of nature from the circulating fluids, and deposited by the same law on the extremities, and those chiefly of the small joints most distantly removed from the heart and larger arteries, where the most forcible circulatory powers reside, and to which the smaller vessels of the same order are subservient ; the offending matter so deposited, then, from its acrimony, begins to irritate the minute fibrous expansions of the nervous system, creating acute pain, and that very often instantaneously ; by this means the fluids are solicited to the parts, spasms in the cutaneous vessels take place, tension and swelling succeed, with inflammation externally, till the arthritic matter, separated from the habit, loses its power, and is partly thrown  
out



out of the constitution by the cutaneous pores, partly re-absorbed and eliminated by some of the other excretories, particularly the kidneys and urinary passages; and this appears to be the mode of which nature makes use to free the machine from matters so offensive. Nor does it seem improbable, that nature employs this pain as her instrument of relief to the constitution in general; for we find, upon its accession, which forms the second stage of the Gout, the various affections under which the constitution previously laboured, vanish, and symptoms of an opposite nature succeed: the febrile affections begin to put on a different appearance; the pulse grows strong and full, though less frequent; the countenance assumes a florid hue; general heat is diffused over the body; there comes on a greater thirst, and a stronger desire for diluting and sub-acid drinks; the urine grows higher coloured; and other symptoms, more indicative of continued inflammatory fever, take place, with exacerbations in the evening; and things continue in this state till the abatement of the pain; and then the vio-



lence gradually decreases, and at last goes off, leaving the part affected, swelled, red, and extremely weak: which are only mere effects brought on by the preceding gouty irritation.

From what has been advanced, it will appear highly probable, that the painful symptoms are strong indications of the critical deposition of arthritic matter, separated from the circulating mass of fluids; for all the symptoms preceding the pain, on its accession, immediately give way, and a train of other symptomatic appearances come on, occasioned and supported by the pain itself. Though here we must except some affections of the stomach, liver, and intestines, for these do not immediately recede: but these affections are now to be considered only as effects produced upon these organs by the nervous torpor increased by the arthritic matter, and require some longer time before they can clear themselves from these effects, owing to the derangement of their functions by the former cause.

Here



Here effects constitute a cause, as happens in many other complaints, viz. in consumption; inflammation is the cause of abscess; abscess, of ulceration; ulceration, of consumption: hence the consequences of inflammation are the source of that fatal disease.

Jaundice and dropsy are said to be occasioned by hard drinking. But this is not to be considered the immediate cause: it is the effects which produce these diseases; nay, the latter is very frequently the consequence of the former. Let us, for conviction, trace them: Men who drink hard, have their stomach first disordered; whence the appetite is lessened; the digestive organs impaired; badly elaborated chyle produced; the liver, and other of the visceral glands, obstructed, and in time become scirrhus; the nervous system, and other of the moving powers, debilitated from defect of nutritious juices, and torpor of the stomach itself. Hence bile, which should pass out of the habit by the intestines, is re-absorbed after its secretion, and thrown all over the machine, producing



a yellow suffusion and colour over the skin and eyes; from the acrimony, the crasis of the blood is broken, and becomes thin and watery, which is deposited in the cellular membrane, in the extremities, various other parts of the machine, and different cavities: and hence arise jaundice and dropsy. Many more instances might be adduced to prove this point; but these will be sufficient clearly to shew, that first causes may produce effects, which effects may themselves be the source of other consequences, independent of the action of first causes; that is, when they have ceased to act.

## SECTION V.

THAT PAIN, THE CHARACTERISTIC SYMPTOM OF THE GOUT, IS OCCASIONED BY STIMULUS IN THE FIRST INSTANCE, ATTEMPTED TO BE PROVED, IN CASES OF REGULAR GOUT,

THE circumstances which have been mentioned above, with respect to the Gout, we shall



shall have occasion to go into by and by, more at large. We shall here, therefore, confine ourselves to prove, that pain does arise, in the first instance, merely from irritation; of which we shall be convinced, if we will but be at the trouble of examining by what means pain is in general occasioned; from whence we shall be able very readily to account for the opinion, that, when a fit of the Gout occurs, it cures every other malady; which occasions the greetings of joy on the attack of this disease.

Corporal pain is occasioned in three ways: either from stimulus, spasm, or distension; which two last generally succeed the first; and, in a variety of cases, they form an union.

*The sting of a wasp; the bite of many reptiles; the accession of hot substances to the skin, productive of scalds or burns; the application of caustic substances; highly acrimonious humours separated from the fluids of the habit,*  
 ARE PROOFS OF THE FIRST. OF THE SE-



COND, *acute head-ach, produced by frights, fears, or other mental affections ; also from affections of the stomach, or other parts. And, OF THE LAST, distensions of the ductus communis choledochus, from, what are called, gall-stones ; also of calcareous substances passing through the ureters and urethra ; colic, and other intestinal pains from scybala, or hardened fæces, distending the bowels, &c. &c. &c.*

When pain is occasioned by the first cause, it is felt instantaneously ; for the wound is no sooner received, nor do the stimulating materials sooner come into contact with the part, but pain is the immediate consequence. In the second, the spasm is scarce formed ere the pain is perceptible, and, in both these cases, in a strong degree ; but in the last, it is progressive, and increases in proportion to the distension, till the parts affected are either relieved, or have their powers of feeling destroyed by the distending cause ; whilst, on the other hand, that occasioned by mere stimulus, is acute at the very moment of the attack ;



attack; and, if the acuteness at first felt was to increase, the pain itself would be intolerable.

Now, which ever of these may be the cause of pain, it must produce an effect upon the instruments of all sensation; and these are the nerves.

Stimulus, in the first instant, produces the effect; spasm, soon after; and distension still later. But the second and the third of these causes must become irritative before the instruments of sensation can feel the power of the operating cause.

But stimulus will produce irritability, spasm, and distension; all which obviously exist in an arthritic paroxysm, as we have before proved; and, so long as the stimulus of the Gout continues, both spasm and distension increase; as soon as it abates, they gradually go off; the cuticular vessels become pervious; local sweating is produced; and the parts resume their wonted appearance.

It



It now remains to be proved, that this stimulus does exist in the first instance in the Gout; and that the stimulus so acting, is occasioned by gouty matter inherent, or generated in the constitution,

In the first place, therefore, we shall observe, that, in all habits subject to the Gout, it is very common for them to have acute and transitory pains, affecting different parts of the machine, which come on suddenly, darting in different directions, and as suddenly pass away; these pains often resembling the passing of a sharp needle quickly through the parts themselves; which parts thus affected are most commonly the small joints of the hands and feet, with the metatarsal and metacarpal bones, especially in such states of the atmosphere as impede a free insensible perspiration; the joints also of the ancles, knees, elbows, and wrists, will not unfrequently experience the same feelings; darting pains will often affect the head; the upper orifice of the stomach experience a painful sensation, unlike the cardialgia arising from acidities,  
or



OF any other species of *faburra* ; the roots also of the teeth become affected with a jarring uneasy sensation, appearing to creep only on their external surface, or the membrane rather with which they are surrounded ; all which are very fugitive ; besides, these parts will very often be alternately affected, and are frequently amongst the train of symptoms which precede a gouty paroxysm. But if these pains continue fixed for a little time, and no accident occurs nor any attempt is made to remove them, spasms of the small vessels of, and contiguous to the parts, will succeed, obstructions be formed, distension occur consequently, and a fit of the Gout be brought on, fixing itself in that part where the predisposition to receive it is the strongest ; for one part of the same constitution may have a stronger predisposition than another to favour the reception of the morbid cause.

Let us now see what succeeds, upon the application of any instantaneously stimulant or pungent substance to the skin : suppose, the sting of a wasp. Pain immediately affects the  
part ;



part ; spasm is brought on, closing the orifice of the cutaneous vessels surrounding it for some way ; the fluids are solicited to the part, and those adjacent ; which, meeting with obstruction, distend the vessels, and occasion inflammation and swelling, by the red blood being pushed into the serous vessels, and the exhalant arteries of the cellular membrane pouring forth their contents into the cells, and the fluids transuding through the coats of the arteries which pass through that reticular membranous expansion ; which effects increase and continue so long as the stimulating cause remains, which will be some time from the action of the poison poured into the orifice of the wound made by the sting of the angry animal ;—the action of the poison ceasing, spasm of the cuticular vessels is taken off, and the accumulated fluids partly pass through the vessels so freed, and are partly absorbed by the inhalants, and carried into the course of circulation.

The same phenomena *exactly* occur in a fit of the Gout ; for the pain in that is often

as



as instantaneous, and the consequent effects as certain in every constitution not too much debilitated, rendered torpid, or worn almost out by indiscretion, disease, or old age.

We find also, that sometimes, immediately as the Gout is apparently leaving one foot, after a smart fit, the other will be seized, and the same painful scene repeated; which has been attributed to the metastasis or translation of the gouty matter from one foot to the other. I confess, I cannot be of that opinion; any more than, that, when one part is in pain, and is relieved by another part being attacked, it should be attributed to the same source; because the recent pain generally manifests itself before the former is sufficiently alleviated; for, between the two attacks, there is not time for the matter creating pain in the first instance being absorbed, passing through the course of circulation, and again being deposited upon the distant part.

This appearance much more strongly favours



vours the opinion of immediate stimulus affecting the nervous system.

For, under these circumstances, I rather conclude, that all the stimulating matter inherent in the habit has not been separated from the fluids, and thrown upon the parts first affected; and that what remains, or a portion of it, may be elsewhere deposited in some other part predisposed to feel the stimulating power; fresh pain is created in that part, and the former alleviated, by the latter pain more sensibly affecting, and with greater violence, the part most recently attacked. For this we find to be the case, in a variety of nervous affections, where pain is the associate, independent of gouty stimulus.

Acutely painful head-achs have been relieved by sinapisms applied to the feet, and blisters on the back; pains within the thorax subdued by the application of external stimulants, as have also pains in the stomach and intestines; painful rheumatic affections of the teeth and jaws, by blisters behind the ears; convulsions,



convulsions, from pain arising from dentition, have been taken off by blisters on the back; all which alleviations are to be attributed to pain induced by fresh stimulus applied to distant parts, more than to any discharge occasioned by them. And these, I presume, afford as strong proof that the affections arise in the nervous system; and, from that circumstance, are capable of being alleviated by stimulus more distantly applied, from the general communication of the nerves through every part of the machine, and that universal sympathy prevalent between the nervous fibrillæ and common sensorium, *the Brain*, from whence all the nerves, however minute, derive their origin, and by which they are supplied with every power that they possess: they cannot be accounted for rationally in any other way.

From what has been above advanced, I flatter myself it will be allowed, that stimulus, in the first instance, produces the Gout; whether we consider the mode of the attack, the symptoms accompanying its progress, or  
the



the alleviation or removal of pain in one part, by the accidental circumstance of pain occurring in another ; and that this stimulus depends upon some acrimony deposited on the nervous fibrillæ of the part affected, separated from the mass of fluids ; which acrimony we call arthritic, from the effect it universally produces.

Still, however, to strengthen our doctrine, suppose we examine what happens in the cure ; how these pains, on their first appearances, when slight and erratic, may often be taken off ; or the succeeding fit, when that is not the case, be mitigated or shortened. If these coincide with the idea suggested, we shall have the strongest reasons, from whence conclusions may be drawn favourable to the whole of our theory.

For it often happens, in latent diseases, where the cause has been disputable, that the method of cure has thrown great light upon, and frequently discovered the real cause, which before was enveloped in obscurity.



When the constitution is labouring under the symptoms above specified, we find that evacuations are the true and certain remedies; for, under a fit of the Gout, suppose the patient uses only patience and flannel, it seldom abates of its violence till a diaphoresis takes place in the part affected, which soon after becomes general, and a mitigation of all his painful sensations is the consequence; his urine begins to be made in larger quantities, depositing a deep-coloured lateritious sediment; the body becomes less costive; and the skin, should no sensible moisture suffuse its surface, which, though it generally does, has a soft, velvety, and moderate warm feel, indicative of a free and increased insensible perspiration having taken place, and continuing;—and, in this manner, the Gout makes its exit.

When pains affect the foot, and fly first from one foot to the other, or affect different parts of the same foot alternately, never totally disappearing, and shewing a disposition to fix for a day or two, which I have often experienced; these pains will very frequently



be taken off by a cathartic, succeeded, if necessary, by a vomit, and a gentle diaphoretic or two ; but should they not, the fit will be less violent in its attack, and shortened by a repetition of the cathartic, and perseverance in the diaphoretic. I speak now of the experiment repeatedly made upon myself ;—for, when I am labouring under these circumstances, and have reason to believe the Gout will fix, I endeavour to prepare my habit for its reception, and often am freed from the attack ; but, should that not be the case, and the regular fit come on, I wait for two or three days very patiently, taking nothing but the saline mixture, very copiously, till I find an abatement of the pain in the joint, that is, till it begins to be tolerably easy, except when put in motion ; I then have recourse to cathartics, such as carry off, through the first passages, the common fordes, and clear, at the same time, the hepatic system. This I occasionally repeat, and every night take some diaphoretic ; to which, if I find any violent recurrence of my pain at any time, I add a proper quantity of opium ; and,  
by



by this treatment, I feldom have a fevere painful fit of above four or five days continuance at the moft.

This method I adopted, from obferving that, in two autumns, when I was feized with fpontaneous diarrhæa, and one with the cholera morbus, the three winters fucceeding thefe complaints, I efaped from my fit of the Gout.

If we may be permitted to draw any conclufion from the modes here recited, of the Gout making its exit from the habit, and of its prevention, it would be, that nature feems to aim at evacuating the morbid matter, and relieves, by thofe means, the conftitution; and that it appears judicious in practitioners to purfue her laws, particularly as we know nothing of the fpecific nature of the offending matter, have no power to promote its affimilation to the nature of our healthful fluids, and are incapable of applying any thing for its correction.



## SECTION VI.

SHEWING THAT THE SAME CIRCUMSTANCES  
OCCUR IN THE MISPLACED AS IN THE RE-  
GULAR GOUT — RESPECTING THE FIRST  
CAUSE — AND THE RECAPITULATION.

THUS far have I confined my reasoning to the *regular Gout*, and what I have in a great measure experienced myself. I shall now try whether the same reasoning will not hold good, in what I name the *irregular Gout*; under which term I include what authors have styled *misplaced*, and *retrocedent*. The words *acute*, *chronic*, and *atonic*, rather carry our ideas to the constitution of the patient attacked, than to any alteration in the disease itself, which might from these denominations be inferred. Now I consider but one species of the Gout, and that is, the *acute*, which may be either *regular*, *retrocedent*, or *misplaced*; for the cause of the disease must be always the same; and, when it varies in its  
modes



modes of attack, that depends upon the nature of the constitution, the nature of the parts it attacks, or from some accident or mismanagement in its treatment.

Before I proceed, it will be necessary to premise some facts, for the more clear understanding of what I shall hereafter advance.

Before a constitution can be affected by a disease which depends upon the action of any morbid matter, that constitution must be possessed of a certain predisposition to favour its attack ; for, without such predisposition, the morbid materials may circulate in the habit without producing any such effect. This is verified in a thousand instances, in infectious complaints ; a number of people living in the same house, feeding upon the same viands, breathing the same atmosphere, pursuing the same occupation, will remain free from the ulcerated sore throat, putrid fever, &c. whilst many in the same place will be labouring under those diseases. Nurses, who have never had the small pox, will, for



years, be in continual habits of attending patients afflicted with that disease, and live perfectly free from infection ; still, at some future period, be seized with the malady.

Nay, children will be inoculated with the very matter of the small pox, and not at one time catch the disease ; still at another, experience the disaster.

Their escaping at one time, and their catching the affection at another, cannot be attributed to any other cause, but the constitution wanting at one time, and having at the other, the predisposition to favour or promote the effect.

The same peculiarities occur in different parts of the constitution. Some, on catching cold, will constantly have the lungs affected ; others, the head ; or Schneiderian membrane lining the inside of the nostrils ; some become feverish, and have hot eruptions break out at the nose ; others be troubled with inflammatory sore throats ; some, certain to be afflicted



afflicted with rheumatic affections; whilst others have as constantly inflammations of the eyes.

Let us now see what is meant by the *misplaced Gout*. This is, when the Gout, affecting the habit, instead of maintaining its regular form of fixing upon the small joints of the extremities, takes up its residence in some of the internal parts; as in the *head, lungs, stomach, kidneys, intestines, &c.* Now, I contend, that the predisposition in some of these parts to receive and feel the stimulus of the arthritic acrimony, is stronger than that in the extremities; and therefore, misplaced Gout is the consequence.

The *retrocedent Gout* occurs when the Gout has appeared in its regular form, but, from some cause or other, perhaps debility of the system, mismanagement, or some accident takes place, and by either, this humor cannot be retained in its situation, is solicited to some other part, or repelled, and again received into



the habit, and then becomes in fact a misplaced Gout.

Many instances of both these varieties have occurred repeatedly to men in practice of any consequence, in this disease.

I remember the case of a lady, subject to the Gout, who, in an advanced age, was attacked as usual with a regular fit; it continued for a short space; and, on its abating, she was seized with peripneumonic affections, great pain in her lungs, extreme difficulty of breathing, a troublesome cough, while she expectorated a quantity of phlegm streaked with blood. These symptoms were so violent, that she was thought to be in extreme danger. The physicians who were called in, immediately pronounced it the Gout upon her lungs: they prescribed volatile cordial medicines to be freely given; and ordered mustard cataplasms to her feet. She soon began to breathe with more ease, cough less, have less pain in her lungs, and, on the Gout revisiting

ing



ing her feet, perfectly recovered ; but the gouty fit continued for some time.

Another instance occurs to me, of a gentleman, about thirty years old, who drank spirits most inordinately, being universally affected with acute wandering pains in every part of his machine ; in his head, occasioning sometimes vertigo in a great degree ; then, his stomach and intestines, attended with pain, sickness, retchings, and great flatulence ; now and then, his shoulders, back, and hips : when free from pain in his stomach, he complained of great sinking and lowness, sometimes even to fainting ; his habit was costive ; his urine high-coloured ; his pulse, though full, were slow and torpid. — This case was considered the erratic Gout ; and very rightly : for, on the Gout's being solicited to his feet, he was freed from all his other uneasy symptoms.

If we now apply the reasoning advanced in proof of the cause of the regular Gout, it will  
afford



afford us the same presumption, and more simply and satisfactorily account for the appearances in these cases, than any other doctrine hitherto advanced; and which the two cases specified above appears fully to confirm. For I do not see, except from the admission of arthritic acrimony producing irritation upon the nervous system, we can at all account for the appearances here recited.

Besides, in all cases of irregular Gout, every practitioner, be the theory what it may which he adopts, contends to solicit the Gout to the extremities, in order to free the other parts affected, which, in many cases, where the noble parts are the seat of the affection, if it cannot be accomplished, proves fatal.

To all which I shall beg leave to add, that gouty people frequently die suddenly, similar to those struck dead with lightning. How are they destroyed? By apoplexy — the gouty acrimony producing a highly sedative effect,  
like



like the electric matter upon the nervous system, by which its power is totally destroyed; an effect altogether impossible to be produced by the imperfect fluid separated from an incongruous unassimilated fluid, acting morbidly upon the radicles of extremely small exility, and from thence sympathetically affecting the source of all sensation—let Doctor Latham carry his sympathy to what extent he pleases, within the bounds of probability.

Having now said what appeared necessary on this part of the subject, before I proceed to the mode of cure, I shall take the liberty of recapitulating the points on which I have treated, in order to give a concise view of the principles upon which I think the modes of relief ought to be founded.

RECAPITU-



## RECAPITULATION.

IN the preceding pages, I have attempted to shew,

THAT pain, arising from obstructions in the lymphatic system, in the instances adduced by Doctor Latham, cannot at any rate apply to the Gout.

THAT it is highly improbable, not to say impossible, that the seat of the Gout can be in the exquisitely fine and slender radicles of the lymphatic vessels, obstructed from being thrown into morbid action by an imperfect fluid, separated from an incongruous unaffimilated fluid, so formed from the derangement of the digestive powers of the stomach, agreeable to Doctor Latham's doctrine.

THAT the cause of the regular Gout is stimulus in the first instance, independent of spasm or distension, inducing immediate pain, fixing,



fixing, by a law of the animal œconomy, on the small joints and ligaments furrounding them, of the extremities, having spasm and distension for its associates, which produce swelling, inflammation and pain as their consequences.

THAT all this depends upon an acriminous humor, called arthritic from its effects, first exercising a sedative power on the nervous system whilst circulating in the mass of fluids; when separated, a stimulating power on the fibrillous expansion of the nervous system, in constitutions previously disposed to favour such a deposition, and feel its effects.

THAT the Gout, when *misplaced*, depends upon predisposition of the parts affected to receive the arthritic acrimony, and feel its power; when *retrocedent*, upon constitutional debility, incapable of retaining the arthritic acrimony in the situation where it first fixes; or it arises from accident or mismanagement; then it frequently puts on  
the



the appearance of misplaced Gout ; all which diversified appearances originate from the same cause as those of the regular Gout, placed under different constitutional or accidental circumstances.

But whether I have proved these points satisfactorily or not must be left to the judgment of my readers. I shall therefore now proceed to lay down the modes of alleviation and prevention which appear to me naturally to result from the foregoing principles, and what has been, I conclude, ratified by a long series of practice.



## PART THE SECOND.

OF ALLEVIATING THE VIOLENCE OF THE PAIN  
IN THE GOUTY FIT, AND SHORTENING THE  
DURATION OF THE PAROXYSM ITSELF.

## SECTION VII.

THE GENERAL MODE TO BE ADOPTED FOR  
ANSWERING THESE PURPOSES.

NUMBERLESS have been the nostrums or  
specifics held forth as radical cures for the  
Gout.

Numberless also have been the pretenders  
who have imposed upon mankind with the  
promises of being able to procure such an  
event: And,

Numberless will still be the pretenders to  
the performance of that Herculean labour, so  
long as credulity will freely open her purse  
to reward such flagrant imposition.

But



But let it be remembered, that we had a *LE FEVRE*, who, by violent purging and sweating, gave such relief, that patients boasted for a time they were perfectly cured; yet, let it also be remembered, that the Gout returned upon them with redoubled violence, and in its irregular form; that the perseverance in the use of the *Duke of Portland's Powder*, so called, for two years, has appeared to be successful in totally eradicating the disease; but unfortunately a great many of these patients have soon after died apoplectic. We may also advert to the boasted success of many rash actions, during the fit, such as bathing the foot in ice-water, riding long journies on horseback, having recourse to a variety of repellant applications; all which have been said to cure the gouty paroxysm: but the mode of revivification of the Gout has, from its danger or violence, clearly and painfully convinced the bold adventurers of the unfortunate rashness of their conduct.

I would be here understood to mean such attempts made during the real fit of the Gout;  
that



that is, during the continuance of *the deep-seated pain in the joints*. After that is over, many external applications may be of use, judiciously applied, to relieve the external symptoms; such as the swelling and painful cuticular inflammation, which sometimes run to a great height, and to which I shall soon advert.

If men would only take common sense for their physician, and prudence for their apothecary, they would find themselves pursuing a more rational plan, than by applying to a tribe of quacks, who, incapable of doing good, too oft lay the foundation for a life of misery, and frequently for an early dissolution. I do not here confine myself to the venders of what they style *infallible catholicons*; but, under that denomination, I include all such who boldly promise what they are conscious they cannot perform; or, by artificer's disgraceful to a liberal mind, attempt to cheat the world into a belief that they are masters of knowledge they know they do not possess.



From what I have here advanced, it will not be conjectured that I mean to offer to my readers a *radical* cure for the Gout ; of this I have no conception ; all I aim at is, to lay down such rules as will mitigate its violence, shorten its duration, and prevent the too frequent returns of the fit : and, in doing these, I shall confine myself to the consideration of the constitution in general, and to some of its parts in particular, so that they may be put into the best state, and thus give liberty to nature, or the powers of the constitution, to conquer or eject the offensive cause ; for, in this, as well as all other acute complaints, which depend upon morbid matter affecting the habit, little else can be done than properly supporting or regulating the action of the moving powers for the cure of the disease.



## SECTION VIII.

OF THE DIFFERENT STAGES OF THE GOUTY  
PAROXYSM, WITH THE METHODS TO BE  
PURSUED IN EACH, IN TOLERABLY STRONG  
CONSTITUTIONS.

THE Gout, I consider, in completing a paroxysm, passes through three stages: the FIRST consists of the symptoms, which are præcursors of the painful fit; the SECOND, the painful fit; and the LAST, wherein tumefaction and external inflammation are predominant.

When, therefore, the patient labours under the first sensations, as enumerated, pages 37, 38, occasioning load and oppression at the stomach, sinking and depression of spirits, with flatulence in the intestinal canal, I should advise the *primæ viæ* to be cleared with some properly appropriated purgative, of that class



which unloads the stomach and bowels of their fordes, and also solicits the free passage of the bile into the intestines; such as rhu-barb, aloë, fenna, or oleum ricini; to the three former of which may be added two or three grains of calomel; or a bolus of a few grains of calomel may be taken over night, and carried off the next morning by some of the above purgatives.

These I prefer to any of the neutral aperient salts, or jalap, or scammony; because they more completely evacuate saburra from the stomach, cleanse the bowels, and act more certainly and effectually on the hepatic system; for a neglect of these circumstances is apt to continue and increase the symptoms arising from the torpid action of the nervous system, though brought on by that action; and also to be greatly instrumental in augmenting the pain and febrile affections which succeed; because, in all fevers, whether idiopathic or symptomatic, by foulness of the stomach, biliary collection in the liver, and costiveness,



tiveness, the symptoms become more violent, and a train of others are often brought on, which belong not to the disease itself.

The day after the operation of the cathartic, I should recommend an emetic of the antimonial kind; or, should antimony be known to produce too violent an effect, as it will in some constitutions where there is a prevalent idiosyncrasy, in that case, one of the ipecacanha, and that worked off with chamomile-flower tea.

And here we are not to consider the emetic as merely intended to empty the stomach, but to produce other very salutary effects, such as clearing the hepatic system, and other visceral glands, by assisting the action of their excretory ducts; and also, by the shock it gives to the habit, it abates in a great degree the nervous torpor, by causing the system to act more freely;—whence are relieved a number of the uneasy symptoms under which the patients labour; for so far are they from being debilitated by these evacuations, or the action of



the emetic, that they generally feel themselves lighter, more active, and their spirits more exhilarated; for the fluids are determined more freely to the skin, the internal part of the system unloaded, and the circulation less languid or sluggish. Hence we find it not only acts as an evacuant, but as a nervous stimulant, deobstruent, and diaphoretic.

Two days, or indeed the next day after the emetic, admit the symptoms appear not considerably alleviated, the cathartic should be repeated. By this course, very frequently I have known the gouty fit prevented; but should it not, I will venture to assert, that it will be less painful, and of shorter continuance, than if this plan had not been adopted: for the stomach, liver, spleen, pancreas, and intestines, are put into such a state as to perform their functions properly; no cause can be added to the original malady by their defect; the stomach will be enabled perfectly and readily to feel the effect of any medicine which may be thought necessary to be administered, and sympathetically to communicate  
the



the action, as it does in many instances, to different and distant parts of the habit; the bile will be regularly secreted, and pass properly into the intestines; the inhalant vessels, unclogged, will be capable of absorbing well-formed chyle, or any medicine which is to be carried into the habit to perform its action locally; and, in fine, the constitution put into the best possible situation to exercise its full and salutary powers.

In a habit so prepared, when attacked by the pain, I should then prescribe patience and flannel for a few days, or a longer or shorter time, as the circumstances of the case may require, with the use, if necessary, of the saline mixture, should any febrile symptoms be sufficiently strong to demand it; and that I would have copiously given; and in order to keep the body gently open, and support the other excretions, small quantities of antimonials might be added, with proper proportions of some aperient neutral salts, particularly the kali vitriolatum, or what is termed Brasil salt, and the nitrous spirit of æther; for, by these,



the body would acquire a cool state, the fluids circulate freely, and be determined to the skin, a gentle diaphoresis kept up, and all surcharge of the habit be prevented; and should the pain be so violent as to cause impetuosity of temper to take place, a symptom not to be disregarded, in the evening, a diaphoretic draught should be taken, to which might be added a proper proportion of tincture of opium, or extract of white poppy; and in this plan should my patient continue till the pain was greatly mitigated, or totally vanished; after which, recourse should be had once or twice more to the cathartic draught, and the diaphoretic continued for some few nights. Should the external inflammation and swelling not readily yield, I should have no objection to the application of a white bread poultice, or of leeches, to the inflamed parts; and as the joint, and parts adjacent, are very apt to be left in a very weakened state, frictions every night and morning, with coarse flannel or a flesh-brush, should be persisted in. Blisters upon the parts are in some cases useful; and frequent motion given to the joint, even though



it occasioned some pain ; for by these means the muscles more quickly recover their usual tone and action ; the fluids are made to circulate more freely through the weakened vessels ; obstructions, tendinous contractions, and glandular accumulations, forming what are called chalk-stones, prevented ; and, in order to promote digestion, so that well-formed chyle, the best corrective of any acrimony the fluids may have acquired, may pass into the habit, some of the strengthening aromatic bitters, with preparations of steel, may be taken twice a day, if necessary ; such as infusions of gentian, orange-peel, hops, quassia, chamomile, &c. with steel-wine,

But should the appetite be good, and the digestive powers active, for these stomachic medicines there then will not be any necessity.

With regard to diet and regimen, they should be of the antiphlogistic or cooling class. Where men have not been accustomed to the daily use of wine, that should be totally omitted ;



omitted ; and if the appetite requires solid food, not otherwise, boiled meat should be preferred to roast ; as mutton, lamb, veal, rabbit, chicken, desisting from all fatty substances ; the milder class of vegetables are by no means improper, if the stomach and bowels are free from flatulence, as cabbage, spinach, sprout, asparagus, turnips, roasted apples. But should the stomach be averse to flesh-meat, its place may be supplied by some sorts of fish, such as flounders, plaice, whittings, smelts, soals, or any of the white or river fish ; salmon, eels, tench, herrings, and sprats excepted ; or puddings, fruit pies, weak broths, sago, tapioca, gruel.

Notwithstanding I have selected that kind of solid food, which I think in these cases and constitutions most eligible, great caution should be observed in never overloading the stomach, or taking nourishment of this kind from the pressing sollicitation of tender nurses or affectionate relatives, in order to keep up the strength, if not perfectly agreeable  
to



to the patient himself; for, under these circumstances, a small quantity will very often derange the stomach, which derangement will always increase the painful symptoms. During the fit, therefore, it will be more advisable to adhere to liquid nourishment, as the strength will be better kept up by that than by solid, because it is much more easily digestible, and less oppressive to the stomach. The liquids for common beverage should be of the simple kind; toast and water, barley-water, orange- or lemon-ade, imperial water, apple-water, good small table-beer.

With respect to acescent drinks, though they are not considered as proper for gouty habits, taken too constantly, or in large quantities, yet, taken moderately during the febrile accession, they furnish a pleasant variety, are agreeable to the palate, promote perspiration, and the urinary discharge, without producing any ill effect upon the stomach.

Suppers should be avoided altogether; or,  
if



if they cannot be dispensed with, they should be of the liquid kind, selected from what is above recited ; or roasted apples.

As to the doses of the medicines, those I have purposely omitted, because they will vary according to the constitutions, or peculiarities of the constitutions, to which they are applied ; for I have known great good done in some by small doses of the same medicines, where large doses have been ineffectual, nay, indeed noxious, and *vice versâ*. The proportionate doses proper to be taken will therefore depend upon the knowledge of the patient himself, taught by the best master, experience ; or upon the sagacity of the prescriber. This knowledge is, however, very easily acquired, by beginning with small doses of any active medicine, and gradually increasing them, until their full effect is manifested. By this method, not only certainty is acquired in producing the operation of the medicine itself ; but, should it have been untried, and upon giving disagree, it will produce  
less



less uneasy effects than if administered in what is commonly esteemed a full dose.

This rule should be ever held in remembrance, because very great difference will be found in different constitutions, with respect to the medicine agreeing or disagreeing in proportion to the doses administered. Six grains of the antimonial powder of the London Pharmacopœia is the dose I commonly take, with which I am perfectly easy; and eight grains create with me only a very slight nausea, and that not always, of this medicine; though, in others, I have known slight doses produce most disagreeable effects — severe vomiting, violent purging, and sickness even to fainting; whilst one-fourth of, or half a grain, has been attended with no unpleasant consequences; the same may be said of opium and calomel.

But should these, or any of them, totally disagree, medicines to answer the same purposes must be selected: As an EMETIC, ipecacoan; as a DIAPHORETIC, ipecacoanha-wine,



wine, or contrayerva powder, may supply the place of antimony; rhubarb and aloe, or the compound extract of bitter-apple, joined with soap, vitriolated or tartarized kali; Brasil salt may form succedanea for calomel; and for opium, CAMPHOR, EXTRACT OF WHITE POPPY, HYOSCYAMUS, will not be very inefficacious substitutes.

## SECTION IX.

OF THE METHODS TO BE PURSUED TO ANSWER SIMILAR PURPOSES, AS IN THE LAST SECTION, IN CONSTITUTIONS MORE DEBILITATED.

THE rules I have laid down in the last section, I consider as applicable to patients of tolerably strong constitutions; but, to patients of debilitated habits, I should certainly advise a more generous mode of living; and medicines, if requisite, after the cathartic and emetic properly proportioned to the strength, of a more cordial nature, such as would be a  
means



means of giving tone and vigor to the system in general, and the stomach in particular ; for upon this last circumstance depends, in a great measure, the general activity of the different parts throughout the whole machine. Of its very diffusive influence many instances daily occur : what uneasy sensations are perceived on food being taken, which, though in small quantities, from its quality, disagrees with the stomach ? Crabs, muscles, lobsters, oysters, and a variety of other viands, will produce, in some particular constitutions, nausea, sickness, diarrhœa, febrile affections, and the nettle-rash ; nay, I have known manna and rhubarb occasion convulsions ; bile regurgitating and stimulating the stomach, has created sickness, head-ach, universal languor and lassitude, and equally deranged the mental faculties. When men have been inebriated, the succeeding morning they feel a lowness and depression of spirits, universal languor, dryness of the mouth, an unpleasant general heat, with thirst, fugitive pains, with an inability or unwillingness to pursue their daily avocations with their wonted alacrity ; all

I which



which inconveniences are taken off by unloading the stomach of the offensive materials, diluting or correcting them, or by counteracting its state of relaxation: For, in the first instance, emetics produce the desired effect; bile regurgitated loses its disagreeable consequences by copious dilution with very small chicken broth or warm water, and being carried through the course of the bowels by some quickly-acting cathartic; and the consequences also of inebriation are relieved by the administration of some warming aromatic. Brandy, or some other ardent spirit, is, I think, the domestic remedy; a custom, I grant, which may give present relief, but becomes ultimately pernicious in the extreme. I should recommend rather some cordial aromatic bitter, with æther, and abstemious living, so that the stomach might have time to be gently assisted in recovering its tone and vigor.

Such then the influence of the stomach over every part of the machine, even the most distant, as well as those which lie more contiguous;



tiguous ; to that organ we should pay particular attention, and attempt to keep its powers in full force.

After the operation of the emetic and cathartics, I should advise a cordial anodyne draught to be given, to which should be added a proper proportion of rhubarb, not only to prevent the opiate from inducing costiveness, but also with intent to counteract the relaxing power of these remedies ; for rhubarb possesses a tonic as well as an aperient quality ; and, instead of the merely antiphlogistic remedies, others of a more cordial nature should be administered, twice, or, at most, three times a day, if necessary ; such as the volatile saline mixture, with spirit of lavender, aromatic confection ; with volatiles and warming aromatics occasionally ; and some slight infusions of the stimulant bitters, should symptoms require such assistance ; to which might be added medicines of the antispasmodic class, of the odoriferous or foetid kind, such as camphor, musk, valerian, asafœtida, &c. which are most agreeable to the constitution.



Some also of the deobstruents may be had recourse to, as, taraxicum, myrrh, ammoniacum ; for, by these medicines, judiciously applied, the digestive powers of the stomach will be preserved in a higher state ; spasmodic affections of that organ, and of the primæ viæ, prevented, or taken off when oppressive ; the hepatic system, and other vessels of the visceral glands, kept free from obstructions ; excretions duly performed ; the circulation in general properly supported ; and the different parts of the machine exercise their natural and salutary powers with ease and freedom.

But, in the administration of these remedies when called for, it must be observed, that those of the mildest kind should be begun with, which may be increased in their doses, or others more stimulant exhibited if necessity should require it ; all which will depend upon the nature of the constitution, in proportion to the degree of debility prevalent in the system, or any particular part.

, As to regimen, it should be so conducted  
as



as to co-operate with the medicinal plan here proposed, calculated to answer the same purposes.

Instead, therefore, of prohibiting the entire use of wine, where men have been accustomed to it daily, or other liquors of a similar nature, I should advise only a reduction in point of quantity; for I cannot think that the stomach, being perpetually subjected to a stimulus grateful to its feelings, can be benefited by a sudden and total deprivation of that stimulus; because I have found very contrary effects produced, such as lowness and depression of spirits, with all their unpleasant concomitants—indigestion, flatulence, &c. To these I should therefore recommend wine and water as their common beverage, *good old* table beer, ginger tea, or some other aromatized liquid most agreeable to their palate; and now and then may be taken a glass of wine with toasted bread; the sort I prefer is Madeira, or old sherry. And here it may be necessary to observe, the purest wine that can be got should be solicitously sought for; because liquors sold



under that name in this country are shamefully sophisticated, and, instead of being a generous cordial, become a slow poison; which will be readily conceived, when we consider that the composition consists of the unfermented juices of some vegetables, mixed with cyder, British spirits, lead, sugar of lead, or some other of its compositions; which compounds, instead of invigorating, relax the tone of the stomach, and from thence produce in time a multiplicity of deleterious effects.

The flesh meats I have recommended in the former part of this work, I also recommend here, under the same circumstances; but, instead of their being boiled, they should be roasted; to which may be added pigeons, wild duck, teal, pheasant, partridge, woodcock, snipe, &c.; for the former of these, by the culinary process which they undergo, are more stimulant; and the others, or most of them, participate of such properties from their own nature. Instead of the vegetables I have formerly mentioned, I would have their place supplied by mustard, cresses, horseradish,



radish, garlic, onion, shallot, celery — because less vapid and less relaxing, being supplied with a stimulant essential oil, unconquerable by the digestive powers, and proving not only agreeably warming to the stomach, but producing, in a certain degree, some evacuation or other, either by the skin, kidneys, or bowels.

Should fish instead of flesh meat be required, those whose solid parts are of the more compact and firm texture are the most eligible, as being less watery, and consequently a less relaxing food; such as john-dory, piper, turbot, soal, the tails and claws of lobsters. And, though it might be expected that the richer fishes would be here allowed, as participating more of a stimulant nature, I still object to them, from the oily and mucilaginous matter with which they abound, for very obvious reasons; and on another account also, as, from these properties, they are apt to disagree with many stomachs.

In constitutions similar to this, should sup-



pers be required, the yolk of one poached egg, a few oysters slightly stewed, or some others of the conchylious tribe, may be allowed; or sago, tapioca, with wine and bread, or white-wine whey; for, where strong propensities prevail, the want of indulgence will very often create restless nights: therefore, such a selection as becomes the least noxious is necessary; and it is on this account I have adverted to them; for in states of health or disease I hold them pernicious, particularly where the appetite is freely and fully gratified; for that calm repose in which the constitution recruits itself is disturbed, and the fatigues of the day are redoubled by the labours of the night.

Perhaps it may be thought by some that I have been too particular in my selections with regard to diet, and that there is scarce any necessity for such nicety: to those I would answer, that both abstinence and generous living, judiciously applied under particular circumstances, and persisted in, will, without medicine, very often be more effectual in alleviating



ing and subduing the morbid affections of a constitution than all the more complicated and unconquerable simples or compounds in the well-stored shop of a Corbyn, or of an Apothecary's Hall, unassisted by them; and certainly a well-directed diætic regimen will have some advantages as auxiliary to medicine; besides, it will have this peculiar good at least attending, that the effects of medical materials will not be counteracted by a regimen contradictory to their action.

But, notwithstanding I consider these points so necessary to be observed, still there sometimes occurs one circumstance which may authorize the breach of those rules here recommended.

A patient will frequently have a desire for some particular solid, or liquid, which, medically investigated, appears extremely improper in the disease under which he labours. In this I should grant an indulgence: for I have known, under this predicament, a patient, whose stomach felt loaded with a wing



of the smallest chicken, to that degree that he was very uneasy till it was rejected, eat a slice of bacon or hung beef with pleasure, and retain it without the slightest inconvenience; and other cases of a similar nature I have repeatedly witnessed; but then the desire should be accompanied with an unconquerable propensity to the object on which the mind strongly dwells, and feels disappointed and oppressed at the prohibition. For certainly, in all acute diseases particularly, the mind should be kept as much as possible in a state of ease, possessed of a degree of confidence that the efforts exerted will ultimately conquer the malady. So clearly am I convinced of the truth of this, that I hesitate not to declare, that, in many cases, what I term medical philosophy is as necessary to be made use of as medicine; nay, indeed, so far should I carry it, that, what in other occurrences of life I should think a degrading offence, in this I should consider a virtue; for, in the whole extent of my experience, I have not known any patient, one lady excepted, who could  
bear



bear with becoming fortitude to hear the extreme danger of their situation pronounced from the mouth of their physician without great depression of spirits, and a more unfavourable alteration of symptoms being the consequence. From unavoidable accidents, or unforeseen misfortunes, by which the mind was much affected, a regular Gout has become retrocedent and misplaced, or the continuance of the fit protracted, and the perfect cure greatly retarded ; for such is the close, though undescribable connection of the mental with the corporeal powers, that they mutually produce similar effects on each other. With what agility, with what vigour, does the body exert itself when the mind is exhilarated on some joyful occasions ! On the contrary, how languid, how depressed its powers when misfortune overwhelms it ! The same holds good with the mind when the body enjoys a full state of blooming health, or droops under the affliction of constitutional debility. When the mind in health is actuated by various passions, every one knows so well how various are the effects produced upon the machine,



chine, that I need not in this place proceed to describe them. If then, in a state of health, such be the powerful effects of the mind over the machine, how much stronger must they be, how much more injurious may be the consequences they produce, and how much more necessary is it to apply remedies to counteract them. My readers will say they cannot be found in the whole stores of medicine: for, to a mind desponding, what drug or compound can give relief? Where then are they to be sought for? Not, as is too commonly practised, by pouring the sounds of pity, if even real, into the ears of the patient; not by the sorrowful aspect of a despairing countenance; not by the sagacious shrugging of the shoulders, shaking of the head, the soft whisper or elaborate sigh, of the medical attendant—such mummary defeats the very object of his mission; for the observations of a sick bed are vigilant, acute, and fearful; the patient inquires the cause, examines the import, and harasses his mind with a thousand dreadful though imaginary mischiefs, raised by a behaviour, to say the least of it, incau-



tious and thoughtless ; the remedies I allude to are to be found, if found at all, in the becomingly chearful appearance and conversation of the physician, in well-timed reasoning, calculated to inspire hope, and give confidence, to the unhappy patient ; for that man is not fit for practice who cannot view misfortune with an unruffled countenance, and meet it with a collected mind. These efforts act as powerful cordials, renovating as it were the oppressed spirits, recalling them to the exercise of their full power, and thus occasioning the nervous system to act with force and energy ; than which I know nothing more salutary can be derived from the medical art.

On this subject perhaps it may be thought I have dwelt too long ; but, had I said less, I should not have been satisfied that I had done my duty to the public ; a pleasure, I flatter myself, none of my readers will be cynical enough to deny me, or so fastidious as to reprobate me for inserting directions so very useful ; directions which are too much neglected

in



in practice, and which, I think, cannot be too frequently urged, nor too forcibly inculcated.

## SECTION X.

THE PLAN NECESSARY TO BE PURSUED WHEN  
THE GOUT APPEARS IN ITS IRREGULAR FORM.

THE Gout has hitherto been treated in its regular form, when constitutions dissimilar to each other, with regard to strength and debility, have been attacked; but it may occur in some, which cannot be said to be perfectly in one state or the other; where neither the antiphlogistic regimen, nor the cordial one, is to be closely pursued, but must be varied according as the symptoms appear to verge nearer to one state or the other, during the progress of the disease; for sometimes we have seen cases of the Gout, where in the beginning there has appeared to be great irritability prevalent in the system, with strong  
vascular



vascular action, which in a little time has so much abated as to shew evident signs of a contrary disposition ; at others the vascular system has appeared sluggish and torpid in its action—and there might be pointed out several other constitutional deviations ; but as the discovery and mode of treatment must be left to the sagacity, discriminating powers, and judgment, of the prescriber on these subjects, which would be too multifarious for the limits allotted to this work, I shall not give my readers any further trouble, but hasten to deliver my opinion on the IRREGULAR GOUT ; or that which makes its appearance on other parts of the machine than the hands or feet, the natural and least dangerous situation of this disease ; or, having made its appearance in these extreme parts, retrocedes internally, and then assumes the type of the misplaced Gout ; in treating on which subject I shall confine myself to the attacks of the head, lungs, stomach, and bowels, as the most dangerous parts upon which this malady can fix itself ; as the general treatment will be nearly the same, whatever may be the part it seizes ; such local  
appli-



applications excepted, as the parts specifically considered may demand.

I AM very well persuaded that many people labour under gouty affections where no such malady has been suspected, because the patients have not had any fits of the regular Gout; which complaints have been variously denominated according to the symptoms, or parts affected; such as rheumatic head-ach, vertigo, orthopnœa, pains of the stomach, gravel, lumbago, &c. &c. which, upon a fit of the Gout's coming on, or being procured, have vanished; and this circumstance it is which gives rise to the joyful congratulations upon first attacks of the Gout; people being said to be impressed with the idea, that accessions of the Gout cure every other malady, whilst it is truly nothing more than the Gout itself assuming this Protean, instead of its natural, form; and I have been astonished to find physicians who seriously labour to controvert so idle an opinion, and give as a proof Sydenham's being affected with the stone, when at the same time he was a martyr to the Gout.

(See



(See Dr. Latham's Letter, page 64, 65.) It never can be supposed by a seriously thinking man who understands the animal œconomy, or is at all conversant with the nature of diseases, that a fit of the Gout is a cure for every other malady, be its nature what it may, or its cause widely different from that which occasions the Gout.

Who ever heard of the head-ach, apoplexy, asthma, pain in the stomach, colic, diarrhœa, dysentery, &c. cured by a fit of the Gout, when those complaints did not depend upon the Gout as the source from whence they sprung? And who has not seen most or all of them vanish upon the accession of a gouty paroxysm?

On reflecting upon this part of the subject, it would be of some consequence to determine whether the Gout should be considered as hereditary, or not; because it may probably lead us to discover the latent cause of some affections, by which we are frequently misled, from a belief that no hereditary taint exists in  
a con-



a constitution before the regular Gout has manifested itself.

As for my own part, I confess, I think in the affirmative, in a variety of instances, if not in all. However, I shall content myself with an appeal to common sense, as I shall have occasion, in the latter part of this work, to go more fully into the subject; and for the present draw a conclusion similar to Doctor Tillotson concerning faith.

“ If,” says he, “ by the adoption of faith,  
“ we by no means corrupt the moral man,  
“ but more strongly inculcate the necessity  
“ of the rigid performance of his duty; and  
“ that the want of that faith may endanger  
“ his salvation, it would be madness to resist  
“ it.” — So say I, with regard to the Gout;  
that if, by considering the disease *hereditary*,  
we shall not be prevented from rendering  
equal assistance as if we considered it in a  
contrary light; and still at the same time can  
more readily account for a variety of phænomena, and be enabled to discover the sources  
of



But even with the adoption of this idea, a difficulty will arise in discovering the Gout when misplaced; for how, it may be asked, can it be known that this specific cause is acting in constitutions where the Gout has never manifested itself in its regular form? to which I answer, by comparing the symptoms preceding the local affection, as specified in the former part of this work, before the Gout fixes, and also with those which succeed a retrocession, and are sensibly felt on the parts affected, whether the *head, lungs, stomach, or intestines*; for the better understanding of which, I shall enumerate the symptoms indicative of

I such



such affections in the particular parts attacked before I enter upon the modes of cure, as these modes will be the same generally, and deviate only with respect to the local applications to the organs themselves for their peculiar relief:

And FIRST—*Of those symptoms attending the Gout in the Head.*

This is frequently preceded by those symptoms which are indicative of an approaching fit of the Gout; but the pain here attacks the head, attended with giddiness, noise in the ears, a full pulse for the most part, dyspnoea, florid colour of the face, erratic pains in various parts, acute and fugitive; which symptoms increase by degrees, the head begins to feel heavy, the face becomes bloated and of a deep red colour, the tongue falters, the motions of the body are irregular, sense and voluntary motion become imperfect, or are lost, the eyes assume a cadaverous aspect, a great drowsiness, with strong propensity to a coma comes on, attended with snorting, and ultimately, an apoplexy closes the scene.

*When*



*When it affects the stomach*, there comes on sickness at first, constant nausea, and loathing of food, the stomach feels burst, and full with wind;—frequent eructations, vomiting, heat, and great pain succeed.

*When it affects the lungs*, it brings on a number of peripneumonic symptoms, such as heat and pain, great difficulty of breathing, and a frequent sense of strangulation, almost to suffocation, the eyes and face look red, the pulse is generally full, sometimes oppressed; and, in fine, those symptoms are commonly attendant which belong to the same complaint from other causes, only the inflammation of the parts do not so readily present itself. Sometimes asthmatic affections will be induced, and have the appearances both of the dry or moist species, according to the constitution of the person affected. *In the first*, there is shortness and difficulty of breathing, attended with oppression of the breast, but little or no cough, or any expectoration. *In the last*, there is a free ejection of viscid matter from coughing, which constitutes the difference. Those who



have been accustomed to drink spirituous liquors are subject to the dry, and those of thin relaxed habits to the moist species.

*When it affects the intestines*, a colic is produced, wherein there are a general uneasiness, loss of appetite, nausea, and wandering pain in the bowels; but the pain soon fixes in some part of the intestines; then a remarkable oppression is felt in the breast, a rumbling of the bowels, frequent eructations, costiveness, vomiting of bilious matter, low spiritedness, want of sleep, &c. but should the pain in the intestines, and the oppression of the breast continue long, the event is in general fatal.

Now these symptoms have been collected from accounts given of the consequences of retrocedent Gout, which are all alleviated or taken off by a return of the Gout to the extremities; nay, sometimes these symptoms make their appearance in the first instance, and are relieved by the same circumstances.

A gentleman of my acquaintance, middle-aged, and of a good constitution in other respects,  
has



has his gouty paroxysms most frequently begin in his stomach, with which affection he is violently tormented till the Gout appears in his feet, and then he is always relieved; or by taking strong stimulant cordials, the same effect is sometimes produced.

This is a clear case of misplaced Gout in a vigorous constitution, consequently not the result of general debility; nor are there wanting other instances of people long labouring under a variety of internal indispositions, which have resisted the efforts of men of the first medical abilities, receiving at the same time different appellations according to the parts affected, or symptoms most predominant, and have been treated in various modes, without the Gout being ever adverted to as the probable cause, which have at last been totally cured by the access of a gouty paroxysm in its regular form.

Now, for all cases of an irregular Gout, there may be two causes assigned, which are either *local predisposition*, or *general debility*,



which either sollicit the Gout too freely to a particular part, prevents it being carried to the extremities, or, once carried, from being retained there, by which it re-enters the mass of circulating fluids, and takes up its residence in those internal parts the most predisposed to receive it. If these causes are allowed to exist, which can scarce be doubted, what ought to be done in our attempts to relieve is plainly pointed out; so to assist the parts immediately affected as to enable them to free themselves from their oppressive stimulus, and either carry it out of the machine by some of the emunctories, particularly the cutaneous vessels, or convey it to the extremities.

And this is apparent, not only from the operating causes, but is also consistent with the efforts of nature; for, in fits of the regular Gout, we find alleviation from this painful stimulus by a diaphoresis, assisted by alvine and renal evacuations, but chiefly by the former; and that when these local affections have been suddenly relieved, pains in the feet have succeeded; on which pains going quickly



quickly off the local pains have again taken place, the affections of these different and distant parts alternating with each other; an incontestable proof that the pain of one part is the remedy for pain in the other, whatever may be the means by which they are occasioned.

To attain these points, therefore, we must endeavour to solicit these fluids to the inferior extremities by the application of stimulating materials agreeably to the exigencies of the case, that is, according to the violence of the affection, or the nature of the parts affected, by bathing the feet in strong decoctions of mustard and horse-radish tolerably warm, applying blisters above the ancles internally, or over the superior part of the feet, or sinapisms to the soles of the feet.

In plethoric habits bleeding is very necessary, or cupping; if the patient should be strong, the symptoms violent, and a quick and powerful effect is wished to be produced, so that the system may be somewhat lowered,



the lancet should be made use of; if the constitution should be in a more weakened state, and mere depletion is the object, cupping is most eligible, because more blood can be taken away, and produce less debilitating effects, than by the use of the lancet.

In common inflammations, brought on by any other stimulatory causes of the head, lungs, stomach, or intestines, where the pain is very violent, though large and repeated bleedings may be necessary quickly to reduce the action of the blood-vessels, and promote resolution, lest abscess or mortification should take place; still, in stimulus occasioning the Gout in those parts, should it be very powerful, and the pain very great, we should be cautious in not weakening the system too much; nor does there appear any necessity for such a risk; because I do not conceive, in the Gout affecting the parts above specified, that inflammation, one of its effects, does immediately take place; nor when it does, are abscess and mortification the consequences; and as it is so requisite to keep up the strength of the constitution,

merely



merely unloading the vessels, that they may have full power to act freely upon their contained fluids, and push them forward to the extremities, will be sufficient to answer every good purpose.

Should nausea or sickness attend any of these affections at the onset, the *primæ viæ* should be unloaded by some of the stomachic purges, such as tincture of aloes, aloe pill with myrrh, compound extract of colocynth, rhubarb, or some of its preparations; or should they happen in strong constitutions, at a time when the action of the vascular system seems much increased, some of the neutral salines may be more eligible, joined with manna, infusion of tamarinds, cassia-fistularis, and such like; and afterwards, a gentle vomit exhibited, and worked off with chamomile or curdus tea; or, should the patient be advanced in life, and of a torpid habit, a weak infusion of horse-radish tea may perhaps claim the preference.

Afterwards, recourse should be had to the  
class



class of volatile and cordial diaphoretics, joined with some of the antispasmodics, such as fal. c. c. vol. ammonia. p. p. camphor, castor, contrayerva, or others of this tribe, selected from the *Materia Medica*; to which may be occasionally added, small doses of opium, taking care to keep the body moderately open with some cordial aperients, particularly tincture of rhubarb, tincture of aloes, rhubarb and aromatic confection. By persisting in this method the happiest effects may be expected; for, by relieving the different parts of the constitution from obstacles to their free action, and supporting its power, the activity of the nervous and vascular systems is maintained, the fluids circulate with freedom, particularly solicited to the lower extremities, whence the parts affected may be freed from the cause productive of local stimulus, and occasion its deposition in parts nature intends for its reception, or be directed to the surface of the skin, or some other of the emunctories, and pass out of the habit;—and this we prescribe in all cases of irregular Gout.

To



To practitioners, who are persuaded that the Gout is purely an inflammatory affection, it may appear extraordinary that such strong stimulants should be recommended in cases of misplaced or retrocedent Gout, particularly where the stomach is affected (see page 115); for, in other cases of inflammation on that organ, the same medicines would contribute greatly to bring on abscess and mortification. But so far from that being the case in the Gout, the universal practice of all well-informed men ratify the internal use of strong stimulants under these circumstances. Is not this rather a proof, and no weak one, of the Gout being a nervous affection, and that real inflammation does not take place in the first instance? For it is probable that, by the action of the stimulants, internally and externally applied, the nervous system is solicited to exert its own action powerfully, and repel the Gout to the more exterior parts of the machine, particularly to the feet, to which place the fluids are invited by the stimulus acting also there, and producing sympathetically other salutary effects upon the stomach  
by



by the intermediation of the nerves themselves. The arguments deduced from facts warrant such a conclusion.

But, with respect to the parts themselves, in order to give them some specific assistance under particular circumstances, other methods appear necessary to be called in aid.

*Where Gout affects the head*, it will be useful to have it now and then washed with warm vinegar ; leeches applied, if necessary, to the temples, or behind the ears ; or a cupping-glass, with scarifications on the back part of the head, just above the neck ; and camphor, with æther, may be given in the quantity of one ounce of camphorated mixture, with two drachms of æther, and repeated occasionally at shorter or longer periods, according to the violence of the attack,

*Where the lungs*, should any load of viscid phlegm oppress them, expectorants should be administered, such as ammoniacum, myrrh, small doses of squills ; and blisters may be applied



applied to the sides; some of the pectoral decoctions may be occasionally taken also.

*Where the stomach,* should the vomiting continue troublesome, and reject what the stomach takes, that effect should be removed by opiates; ten or twelve drops of liquid laudanum may be taken every three or four hours in a glass of mint tea, or half a grain of opium. A warming plaister made of cummin plaister, opiated confection and camphor, may be laid upon the region of the stomach; and after the stomach is settled, infusion of garlic and brandy may be given, or snake-root bolus, with volatile salt and camphor, or the same medicine as recommended in Gout affecting the head; and, intermediately, the patient may drink a cup of Madeira in which spices have been infused; the region of the stomach and abdomen may be fomented with stimulant anodyne fomentations.

It may perhaps assist greatly in any of these cases, in attempting to produce general diaphoresis,



phoresis, if flannels wrung out of warm water, four or five doubles, be applied for fifteen or twenty minutes on the inside of the thighs above the knees, which should be repeated two or three times a day; or where the internal parts to be much oppressed from the accumulation of the fluids, and the skin dry, a warm or vapor bath may produce the best consequences.

Similar applications may be necessary to assist other general medicines, *where the bowels are affected*; besides, in cases of costiveness, glysters may be made use of, of the purging kind, to empty the intestines, which also will act as local fomentations; and the abdomen may be rubbed with camphorated or volatile liniment, to which may be added a proper proportion of liquid laudanum; and should a diarrhœa come on, it may be permitted to continue some time, if moderate, and it affords relief; but if long continued, mild astringents should be made use of, with opiated diaphoretics and anodyne glysters:



and when pains in the stomach and intestines are abated, gently cordial bitters, with chalybeate wine, may be given two or three times a day. I have chosen to speak particularly of these parts, because the Gout, fixing in them, is always attended with danger, and oftentimes very quickly fatal. But when it attacks any other parts distant from the extremities, the general remedies above specified may be adverted to; having occasional recourse to such others as are particularly calculated to palliate accidental effects from the nature or construction of the parts themselves. For instance, the bladder or kidneys; in them, in addition to what has been recommended, it would be right to give, amongst other things, mucilaginous substances very copiously, as gum arabic, tragacanth, tapioca, arrow-root, linseed-tea, &c. in order to sheathe the interior parts of these organs from the effect of acrimony the urine may have acquired; and in cases of severe pain, anodyne glysters, made of oil and opium, may occasionally be administered. *In the eye*, anodyne collyriums  
and



and sedative cataplasms and fomentations may be used; they will alleviate pain, and contribute to assist the other medicines to a salutary removal of the cause.

Should we, in any one of these cases, succeed so as to produce a fit of the Gout in its regular form, we must then proceed as directed in the former part of this work, when speaking of the second and last stage of the disease, taking care to keep up the vigour of the system in general, and the tone of the stomach in particular; and hence begin not to take off what I have considered the mere effects of the gouty pain, till that of the joint is *totally* removed; as by too early an attempt we may endanger a retrocession.

Having now completed the first and second parts of what I proposed, it remains only for me to lay down such directions as appear to me calculated to prevent too frequent returns of the Gout, which will furnish the subject of the succeeding pages.

PART



## PART THE THIRD.

ON THE MODES OF PREVENTING THE TOO  
FREQUENT RETURNS OF THE GOUTY PAR-  
OXYSMS.

## SECTION XI.

ON THE CAUSES OF THE GOUT—WHETHER  
IT MAY BE CONSIDERED AS ARISING FROM  
A SPECIFIC HUMOUR.

IN the methods to be adopted for the cure of diseases, it appears sufficient to know the immediate existing cause: we have no business to search for the manner by which it was acquired, unless in cases of dubiety respecting the cause itself, as that knowledge may assist us in fixing its precise nature; but in the prevention, such an investigation becomes absolutely necessary.

Before, therefore, rules can be laid down for the prevention of too quick returns of the



gouty paroxysms, we must endeavour to discover the cause, or causes, creative of the disease; and these I conclude to be an arthritic acrimony, and constitutional predisposition to feel its effects; in order to prove which, we must proceed analogically; and, if it can be shewn that there are a variety of diseases, which originate from acrimonious humours productive of peculiar complaints, which preserve a similarity in the progress and modes of termination, though the parts affected may themselves be different, also the offending humours, as well as the consequences which they produce. Still we shall have a right to conclude, that, in any diseases, where the symptoms observe in general a similar course, though the terminations may be different, the acting cause, or causes, have a very near affinity with each other; which cause, or causes, where we are able, we endeavour to conquer; where not, to subdue their effects, that they may not become destructive to the habit, or part of that habit. It however, in many cases, occurs, that we cannot conquer the cause, or causes, abstractedly considered, but



but so alleviate, and guard the constitution against the consequences, that nature may be enabled, by some means or other, to relieve the constitution, either by ejecting the morbid materials from the habit, or assimilating them to the nature of our own fluids. For notwithstanding I have heard much relative to specifics, that is, of medicines being supposed so to alter the nature of morbid matter, that, when got into, and mixed with, the fluids of the habit, it shall be rendered a mere nullity, possessing no power to disturb or injure that habit, still not one has been yet discovered; which I have endeavoured to prove fully in another place \*.

Now the truth of these assertions will appear very obvious, when we consider that there are particular diseases which arise from

\* An Oration, on the best Method to be adopted for Medical Practice, in which the Idea of Specifics is proved to be fallacious, delivered before the Physicians and Fellows of the Medical Society, Bolt Court, in the year 1790, and published at their particular request.



infectious or contagious matter received into the habit, the nature of which is known from the effects they produce, by contaminating the fluids, so as to make them in a greater or less degree participate of their nature, and, on being ejected out of the habit after having caused internal commotions, fix upon particular parts of that habit, as it were, by an elective power; for instance, the small pox, measles, plague, and many others which might be enumerated: but I shall content myself with these, as two of them are in this country commonly observed and well understood; and indisputable authority furnishes us with particular accounts of the last.

In the two former, the morbid matter is chiefly determined to the skin, and the latter, to some of the lymphatic glands; which determination, when perverted, produces the most dangerous consequences, and very frequently death.

Now as we find marsh miasma, and infectious matter, capable of contaminating the fluids,



fluids, so as to make them participate of their specific nature, raising general affections through the habit, and being severally determined to particular parts; as we find also that, upon such determination being begun and completed, the constitution is alleviated, and freed from its internal disturbances, and that upon such determination being perverted, and the morbid matter fixing upon some of the nobler parts, great danger always, and death very frequently, are the consequences; as we likewise find that the Gout is attended with similar circumstances in its attack, progress, determination, and consequences,—may we not be allowed, from a parity of reasoning, to admit, that the Gout most probably arises from a specific humor, so termed from the peculiar effects of which it appears to be the source?

Besides, in this place, I might have added Boerhaave and Van Swieten's opinions, that it is contagious; and their authorities are by no means contemptible, particularly as some cases are adduced in proof. But as I consider



the arguments before brought to stand upon sufficiently certain foundations, I have thought it only necessary merely to mention the circumstance. Nor does the argument which has been advanced by some authors, of the return of the gouty fit after freedom from it for many months, being brought on by the operation of some of the occasional causes, prove the non-existence of a peccant humor; for we know that morbid matter will lie dormant in the habit for a considerable time without producing any effect, till brought into action by constitutional predisposition; and, also, that intermittents will continue for years, notwithstanding the constitution has been relieved by a great variety of paroxysms terminating critically. And why not the same circumstances occur in cases of the Gout? But as further proofs will be given in support of this opinion, we shall proceed, now to enquire——

WHETHER



## SECTION XII.

WHETHER THE GOUT BE HEREDITARY?

ADMITTING the existence of an acrimonious humor productive of the Gout, it may be asked how it is acquired? I say hereditarily; perhaps adventitiously by indolence, intemperance, and vexation—terms which involve in themselves every species of indiscretion, which can bring the constitution into such a state as, by impeding the salutary performance of the functions of many of its organs, may occasion the generation of such an offensive cause; but that this always is the case, I cannot readily admit. For I have known many instances where young men, whose lives have been active, sober, discreet, and free from mental molestation, seized with fits of the Gout; nay, indeed, some infants have laboured under the same indisposition, several cases of which I have heard, and two I remember; one, of the son of Doctor Burton of York, whose lady was ve-

K 4                      hemently



hemently afflicted with the Gout as well as himself, having the Gout within the first year of his life, and another within the third year.

It will not, I think, be advanced by the most subtle sophister, that any of the causes said to produce adventitious Gout could take place here, or that the digestive organs might be so injured, *though imperceptibly*, as to afford an *incongruous, unassimilated fluid, from whence might be separated an imperfect fluid that would obstruct the radicles of extreme exility of the absorbent or inbalant system*, and thus occasion the malady.

Nor does the negative argument advanced by the author of this new doctrine of the Gout prove the disease not hereditary; though he says, “if it can be proved, as *it may in* “*a thousand instances*, that a gouty family, by “change of fortune, from a state of affluence “to that of an inferior condition, has *for ever* “lost the disease, we may then very justly “doubt the truth of the opinion.”



Of the truth of this assertion I confess I have great doubts, as well as the practicability of discovering it. To trace the various circumstances necessary to be known through a whole generation *for ever*, is a labour of astonishing magnitude; "*ars longa—vita brevis*,"—and the doctor has made here a very long stride indeed; but as I cannot pursue him through eternity, I will grant his supposition—yet still I think it is no certain proof of the Gout not being hereditary; no more than people not being seized with an epidemic complaint originating from infectious particles, with which the atmosphere they breathe must be fully impregnated, and which must circulate in their fluids, is a proof of the non-existence of such particles. Such instances have been given in the former part of this work as must insure the admissibility of this position as a certain truth, that it precludes the necessity of my dwelling any longer on it here; for there it has been proved, that morbid matter of various sorts may be received into the habit, and may circulate through the fluids, without producing disease; the doctor's assertion, therefore, proves not that  
this



this cause of the Gout does not exist, but that it does not act, if an arthritic acrimony should be the admitted source.

Nor do the arguments made use of by a variety of authors clearly evince, that the cause of the gout is not hereditary; but that the predisposition of the constitution to feel its effects does not always take place: under this idea we shall be better able to account for the vast variety of appearances which present themselves, and upon which their opinions are founded, than upon the non-existence of the gouty acrimony in constitutions not affected with the disease, where such constitutions have a right hereditarily to the cause itself.

### SECTION XIII.

CONSTITUTIONAL PREDISPOSITION A CONCOMITANT CAUSE—AND WHAT ITS NATURE.

THAT constitutional predisposition must exist before disease can take place, is so self-evident



evident a fact, that it must on all hands be admitted; we must, therefore, as a point more necessary to our present purpose, endeavour to prove of what nature we consider this predilection to be, as much will depend upon this particular in treating the subsequent part of our proposed subject; and in the prosecuting of this, we shall take our principles from allowed and confirmed facts, and first enquire what class of people are most subject to the Gout; these I shall give from BOERHAAVE and CULLEN, as the former was well acquainted with, and elaborately collected from, the works of the ancients; and the latter possessed a high degree of reputation in the schools of the moderns.

BOERHAAVE says, “ Whenever the Gout  
“ is permitted undisturbed to complete its  
“ own course, it attacks those who are ar-  
“ rived at a time of life somewhat above ma-  
“ turity; about thirty years of age, or older,  
“ the male sex; those of acute dispositions,  
“ but who apply themselves to study, chiefly  
“ in the night; who have lived luxuriously,  
drank



“ drank acidulous white wines, or generous  
“ liquors in large quantities, at night ; been  
“ subject to premature and excessive venery ;  
“ whose bodies are large, gross, and full ; who  
“ have been in the habits of taking acids  
“ freely ; whose feet sweating have been ex-  
“ posed to, and checked by, sudden cold ;  
“ sweating in moist or wet stockings ; hence  
“ also hunting on foot, or riding in the cold ;  
“ or from inheritance bestowed upon children  
“ and grand-children, from a parent often not  
“ yet affected with the Gout, but injurious to  
“ his offspring only from the inherent offen-  
“ sive cause to them communicated : it also  
“ may be produced by contagion.”

Doctor CULLEN's words are—“ The Gout  
“ is generally an hereditary disease ; but some  
“ persons without hereditary dispositions seem  
“ to acquire it ; and in some an hereditary  
“ disposition may be counteracted by various  
“ causes. It attacks generally the male sex ;  
“ but sometimes, though more rarely, also  
“ the female. The females liable to it are  
“ those of the more robust and full habits,  
“ and



“ and it often happens to such long before  
“ the menstrual flux has ceased.

“ This disease seldom attacks eunuchs, and  
“ when it does, they seem to be those who  
“ happen to be of a robust habit, to lead an  
“ indolent life, and to live very full.

“ The Gout attacks generally men of ro-  
“ bust and large bodies, men of large heads,  
“ of full and corpulent habits, and men  
“ whose skins are covered with a thicker  
“ rete mucosum, which gives a coarser sur-  
“ face.

“ If, with the ancients, we might ascer-  
“ tain, by certain terms, the temperaments  
“ of men, I would say, that the Gout at-  
“ tacks especially men of a choleric-san-  
“ guine disposition, and that it very seldom  
“ attacks the purely sanguine and melan-  
“ cholic.

“ *The Gout seldom attacks persons employed*  
“ *in constant bodily labour, or persons who live*  
“ *much*



*“ much on vegetable aliment ; it is also said to  
“ be less frequent among those people who make  
“ no use of wine or other fermented liquors.*

*“ The Gout does not commonly attack  
“ men till after the age of five and thirty,  
“ and generally not till a later period. There  
“ are indeed instances of Gout occurring  
“ more early ; but these are few in compa-  
“ rison with the numbers which agree with  
“ what we have given as a general rule.  
“ When the disease does appear early in life,  
“ it seems to be in those in whom the here-  
“ ditary disposition is very strong, and to  
“ whom the remote causes, hereafter to be  
“ mentioned, have been applied in a consi-  
“ derable degree.*

*“ As the Gout is an hereditary disease, and  
“ affects especially men of a particular habit,  
“ its remote causes may be considered as  
“ predisponent and occasional.”*

As to the predisponent causes, the Doctor  
says, so far as expressed by external appear-  
ances,



ances, or by the general temperament we have already marked (see pages 140 to 153);  
 “ and, as in the predisposed, the occasional  
 “ causes may not always appear; and, in  
 “ persons not predisposed, they may appear  
 “ without effect, the uncertainty in assigning  
 “ occasional causes must particularly affect  
 “ the case of the Gout.” However, what appears to him most probable, he offers in the following words :

“ The occasional causes of the Gout seem  
 “ to be of two kinds : FIRST, those which  
 “ induce a plethoric state of the body. SE-  
 “ CONDLY, those which, in plethoric ha-  
 “ bits, induce a state of debility.

“ *Of the first kind*, are a sedentary indo-  
 “ lent manner of life, a full diet of animal  
 “ food, and the large use of wine, or of other  
 “ fermented liquors.

“ These circumstances generally precede  
 “ the disease; and if there should be any  
 “ doubt of their power producing it, the  
 “ facts,



“ facts, however, will be rendered sufficiently  
“ probable by what has been observed.”—  
(Page 141, *paragraph in italics.*) “ Of  
“ the second kind of occasional causes which  
“ induce debility, are, *excess in venery; in-*  
“ *temperance in the use of intoxicating liquors;*  
“ *indigestion, produced either by quantity or*  
“ *quality of aliments; much application to study*  
“ *or business; night-watching; excessive eva-*  
“ *cuations; the ceasing of usual labour; the*  
“ *sudden change from a very full to a very*  
“ *spare diet; the large use of acids and acef-*  
“ *cents; and lastly, cold applied to the lower*  
“ *extremities.*”

In the enumeration of these causes, it is rather surprising, that *uneasiness and great anxiety of mind*, for some continuance of time, should have been forgot, for they have as great a claim to stand in this place as any of the rest; for those will produce upon the habit as strong effects, and of a similar nature, as intense study or night-watching.

Now, though I admit almost all these causes  
will



will assist in laying the foundation for the Gout, still to one I have an objection as it is here placed, and that is, a plethoric state of the body, for that is by no means *always necessary* to produce the effect in question: For SYDENHAM says, “ Non omnes reple-  
 “ tum podagrici corpus habent, nam et maci-  
 “ lenti quandoque corripuntur eodem ma-  
 “ lo.” To which VAN SWIETEN adds,  
 “ Illi qui ex præmaturâ, et nimiâ venere in  
 “ podagram incidunt, plerumque sunt admo-  
 “ dum macilenti et exhausti; imo et dolo-  
 “ rum acerbitate, si exquisita podagra diu-  
 “ turnis paroxysmis sæviat, sæpius omnino  
 “ emaciantur.”

“ All gouty people are not of full habits,  
 “ for also people of thin habits are seized  
 “ with this disease.”—“ They who from  
 “ premature and excessive venery fall into  
 “ the Gout, are, for the most part, very  
 “ thin and exhausted; nay, indeed, from  
 “ the severity of the pain, if the Gout  
 “ should be very violent, and the fit con-

L

“ tinue



“ tinue a long time, become often altogether emaciated.”

These observations, of SYDENHAM and VAN SWIETEN, are certainly true, of which I have been convinced by repeated experience.

The causes above mentioned are said to bring on the Gout ; but the Gout has attacked people where no such causes have prevailed, in many instances, as have been before pointed out. There must therefore be some other cause or causes acting upon or inherent in the constitution of such before the disease takes place ; and this cause I take to be a particular state of the nervous system, with which, or with a propensity to which, the system is originally formed ; but of what precise nature that may be, it will be extremely difficult to determine ; however, notwithstanding which, the appearances in the Gout, variable and contradictory as they seem to be, examine them in what way you chuse, will warrant the conclusion.

Let



Let us inquire how this idea will account for the attack of the Gout in different ages. *Suppose children*, as has before been instanced, should be attacked with the Gout, I conclude they have been born with this nervous predisposition and arthritic acrimony inherent in their habits, and therefore became the early objects of the disease.—*Of the attack, at a later period*, I should form the same conclusion, with this difference, that the nervous predisposition had been less strong, and the gouty acrimony less active; for in this, as in all other cases of similar natures, the diversifications may be various with respect to the agent and recipient, singly or collectively considered, so as to occasion violent, weak, early, or slow effects.—*Of the great disparity of numbers of men attacked in proportion to the women*; that men are more in general born with this predisposition in a stronger degree than women, and more liable, from their modes of living, to increase it; for we observe that the women who are attacked approach nearer to the nature of men in form, manners, and constitution, than the more de-



licate part of the sex ; and perhaps it is to this delicacy that the exemption may be owing, on which we shall have occasion further to observe ; for eunuchs stand in the same predicament ; for they, reduced nearer to the state of the delicate feminine constitution, keep free from the Gout whilst they live temperately, but, when plunged into scenes of luxury and indolence, soon are afflicted with the disease.

And on these principles may we account why some young men have only a single fit of the Gout, which keeps off for a series of years before its return ; because constitutions so circumstanced from nature, are liable to feel these effects very suddenly from indiscretions of various kinds ; which indiscretions relinquished, the consequences also vanish, and are kept off by the vigorous efforts of youth.

Nor shall we be at a loss to account for the misplaced Gout, from the predisposition being prevalent more in one part than another,  
if



if we examine the nature of the nerves and their ramifications ; for the nerves are not to be considered as ramifying in the same manner as the arteries, that is, having the smaller branches shooting from the bodies of the larger branches, and preserving a continuity of canal from the large canal from whence they originated in proportion to their diameters. For here, whatever was experienced by the larger, would, in a given degree, be felt by the lesser vessels ; for if the cavity of a large vessel was obstructed, circulation would be stopped ; so would it in the smaller ones from thence deriving their origin : but not so in the nerves ; because the branches of the nerves are no more than small bundles of very minute fibres separated from the hurdles of larger nerves, again separating themselves in the same manner, and thus running on to the place of destination, in a mode similar to the division of a large bundle of twigs or threads, preserving a continuity of the same substance, each of them, from their most minute extremity to their origin.

Now one or more of these fibres or small  
L 3 divisions



divisions may be affected, without affecting others which are contiguous to them, much less the large hurdle from whence they were first separated. If it therefore should happen that any of these fibres should be more predisposed to feel the effect of the arthritic acrimony in one part than others serving a different part, that part will be first affected.

But we find that the Gout attacks men most frequently in the advanced ages of life: It may be asked, how comes it that they who are born with the gouty acrimony in their habit, and a nervous predisposition, or a propensity to such a disposition, should not much oftner be affected at more early periods? To which I answer, that the increase of years, and, in very many instances the modes of life, increase the quantity and activity of the arthritic acrimony, as also the constitutional propensity to feel the effects of its stimulus; or probably the modes of living in constitutions so predisposed may generate the acrimony itself; and this brings me to conjecture the nature of the predisposition, which appears to be *a peculiar degree of torpor*



*torpor in the nervous system, or in part of that system.* I have said, a peculiar degree of torpor, because we find women possessed of great nervous incitability not subject to the Gout; nor eunuchs, because they participate much of the nature of women with respect to their constitution; but when that incitability is destroyed, or greatly weakened by intemperance, they frequently fall into the disease.— But the *highly hypochondriacal or melancholic*, where great systematic torpor is generally present, seldom experience this malady; I would be therefore understood to mean, a state of the nervous system verging to that which the hypochondriac experiences.

If, to what we have already said, we add the effects which are allowed to arise from those causes which are agreed on to be, and are therefore named occasional, it will afford probable proofs of the reasonableness and rectitude of my supposition.

But that my readers may the more readily



understand the subsequent reasoning which I shall offer, I shall beg leave to premise a few medical axioms ; which are,

THAT the constituent parts of the moving powers of the machine forming nerves, vessels, and muscles, have in their origin proportionate degrees of solidity and firmness upon which their strength depends —

THAT there are two species of irritability in the habit, independent upon each other, by which they are actuated ; the one of which I shall hereafter term *incitability*, in order to distinguish them, and that appertains to the nerves ; because they may be incited to action by immaterial stimulus, which cannot happen to the muscles abstractedly considered —

THAT though these two species, which, under particular circumstances can exert their own peculiar action, *per se*, yet, for the continuance of muscular action, the exertion of  
nervous



nervous influence is unavoidably requisite ;—  
*hence then to take them in a more collected  
view : —*

THAT every part of the machine, the inert and inactive solids excepted, depends for its action upon the incitable and irritable powers of the nervous system and muscular fibres ; but for the continuance of this action chiefly on the nervous system —

THAT different constitutions are possessed of different degrees of these incitable or irritable powers ; and so may different parts of the same constitution —

THAT though these incitable and irritable powers act in general in conjunction with each other, yet in many constitutions, in many parts, and in many cases, the activity or torpor of one does not keep pace with or act in conformity to the activity or torpor of the other —

THAT, the stomach is one of the most



acutely sensible organs of the human machine ; that, being affected, it communicates its affections very diffusively, by contiguity of situation to parts near it ; and by sympathy, to parts more distant, and that it is often made sensible of the affection of other parts, and from thence disordered, from the same circumstances —

THAT, the nervous system and stomach are in many cases, reciprocally affected by each other ; which also may be said of other parts, though not so frequently, and also in a less degree—

THAT, from the affections of these moving solids, and the parts which are formed from them of the machine, the fluids experience, in a variety of cases, a change in themselves, either from an increase, or decrease of some of their component parts, or from a formation of new materials which do not naturally belong to them — And lastly,

THAT affections *purely mental*, will have  
such



such influence upon the machine or parts of the machine, as to create disease, by the effect produced upon the moving powers; and also, that the machine or parts of the machine, by the intermediation of their powers, will occasion unpleasing effects upon the mind, and thus disorder the mental powers: hence it is, that so little can be done in diseases purely mental, towards performing a cure, limited as our operations are to the machine itself; but that where disorders of the mind depend upon affections of the machine, we are often fortunately successful in our efforts.

#### SECTION XIV.

ON THE CAUSES SAID TO PRODUCE THE GOUT; THEIR CONSTITUTIONAL EFFECTS EXAMINED.

HAVING concluded what we thought necessary to be admitted, as known truths, we must next examine the effects produced upon the habit by those causes, which are considered,



ed, as encreasing that predisposition as one of the indispensable sources of the Gout; and that they do, by augmenting the natural torpor of the nervous system; either from their immediate effect, or upon the parts by which it is communicated to that system.

As the consequences which these very different causes produce, are brought about by different means, we must class them under different heads; and form them into subdivisions where necessary, in order to give perspicuity to the arguments.

#### THE FIRST CLASS.

These take in such as produce effects immediately on the nervous system, and may come under two heads. The FIRST of which are, *much application to study, or business; night-watching; uneasiness of mind long continued.* When the mind has been seriously engaged, in close contemplation on any subjects, more so particularly on painful ones, or kept in a state of unusual exertion, by which, the machine is deprived of that rest, from whence



whence it should be recruited, for a series of time how dull, and languid the body will feel; how low and dispirited, and with what labour the functions of the different parts are performed, and even then imperfectly: neither the stomach, liver, lungs, intestines, nor kidneys execute their office as they ought: perspiration is impeded, and the whole machine appears to move under a load of oppression; and all this is certainly occasioned, by the nervous system being wearied, and debilitated, by the mind being kept too long, and too severely exercised, which will naturally produce the effects above specified, upon different parts of the machine.

THE SECOND are, *excess of venery, excessive evacuations, and ceasing of usual labour.*

*The first of which* debilitates the habit, particularly the nervous system, by violent exertions, and constant evacuations of the most elaborated and perfect fluid of the machine; for it is readily perceptible to any one's feeling, that after strong and powerful  
action



action of any part, that part for a time, becomes greatly weakened, till its strength and tone is again recovered; and should such exertions be too frequently repeated, the parts will at last be so enfeebled, that the recovery becomes impracticable even by the efforts of art, or nature. Consequently, the same will occur, to the whole of the moving powers universally, when actuated by similar causes; and to the nervous system particularly, which is the source from whence all the rest derive a continuance of their activity.

*The second*, by constantly withdrawing from the body so large a proportion of fluids, that the powers of the constitution cannot make up the defect, in order properly to supply other parts of the habit with sufficient quantity for their support and nourishment; hence the solid parts of the machine lose their activity and vigor.

And *the last*, by depriving the machine of that stimulus by which the fluids were kept in a state of free circulation, occasioning a proper degree of action and re-



action betwixt the vessels and their contents, keeping in proper force the muscular fibres, by which means the power of the organic part of the machine was supported, all the secretions and excretions duly performed, the fluids kept in a state of healthful soundness, the incitable powers at the same time retaining their proper vigor consistent with the time of life, and state of formation; the reverse of which happens from the deprivation of such stimulus.

## CLASS THE SECOND.

This includes all those causes which produce their effects locally in the first instance, which are communicated to the nervous system either sympathetically, or from consequences the result of such effects; and these are, first, *intemperance in the use of intoxicating liquors*; second, *indigestion produced by the quantity or quality of aliments*; third, *sudden change from a very full to a very spare diet*; fourth, *the large use of acids and acescents*; and, lastly, *cold applied to the lower extremities*.



*In the first*, by drinking too large a quantity of wine, and other fermented liquors: the spirits immediately get exhilarated, the circulation of the blood becomes free, and the machine in general heated; but by a continuance the stomach begins to be loaded, oppressed and inactive, digestion injured, &c. From the sedative effects of the liquor, the nervous system becomes torpid, the pulse full and slow, the head loaded, the senses hebetated; and was the drinking continued still further, an apoplexy would be the consequence, as has happened in a variety of instances.

*In the second*, by the stomach not performing its office as it ought, the food that is taken remains some time in a crude state, and by being imperfectly elaborated, and mixed with proper juices, affords only an ill-formed chyle, consequently the fluids derived from thence are all in an imperfect state, incapable of affording proper nutrition to the various parts of the machine; hence the hepatic system, pancreas, and mesenteric glands become in a great degree obstructed; their secretions

un-



unqualified perfectly to perform the duties for which they were intended, the whole machine is debilitated, and fluids formed of different natures, according to the incongruous unaffimilated materials from whence they are derived; and besides the weakened state of the digestive powers communicating effects, sympathetically, debilitating to the nervous system, all conspire to make that system torpid and inert.

*In the third*, if we consider the effects of a very full diet, we shall find that the vigor of the system is kept up at its extent, by the stimulus that diet occasions, so long as the stomach and digestive organs maintain their power, because a proper quantity of good blood is formed, and consequently a proportionate quantity of heat retained in, and diffused with, the circulating fluids through the machine, by which an universal stimulus is maintained; for, in proportion to the quantity of blood, so is the proportion of heat. Now as vigor and activity of the constitution are supported by this stimulus, so any diminution must produce



a contrary effect on the habit, and all the consequences of debility and torpor in the nervous system, and other parts, as has been before explained, be occasioned.

*In the fourth*, the too free use of acids and acescents, from daily experience, every common observer must have considered how detrimental it has been to the stomach and digestive powers, by weakening their functions, insomuch that people who have taken them in large quantities to reduce their corpulency, have become so emaciated as to appear almost like a walking skeleton. I remember a lady, whose father and mother were tall in stature, large, and very corpulent, was extremely desirous of rendering herself very delicate, that by taking freely of vinegar, and eating great quantities of lemons, oranges, and other acescent fruits, had so totally destroyed her appetite, and debilitated the organs of digestion, that on her eating the leg and thigh of a woodcock, I heard her father declare, it was more solid food than he had seen his daughter eat, bread excepted, at any one time for the space  
of



some months. By this practice the young lady was reduced to a mere shadow, afflicted with lowness of spirits, lassitude, languor, and all those symptoms which indicate a defect of the nervous system.

And with regard *to the last*, from the sensible effects which every man occasionally experiences on himself, he will readily allow the incapability of constitutional action that cold in the first instance occasions, besides the impediment it gives to insensible perspiration; hence it not only acts as a sedative itself on the nervous system, but also preventing that matter which ought to pass off by the cutaneous pores, from making its exit, which being possessed of the same powers, aggravates the effects of cold. This is obvious from the consequences of fever, originating from what is termed catching of cold, at its attack; for the first symptoms are languor, lassitude, chillness, and internal oppression, till re-action of the system takes place, and fever is produced, and other local effects, agreeable to the nature of the constitution so attacked, and the pecu-



liarity of the parts affected ; besides, if the habit should be replete with gouty acrimony, impeded perspiration will prevent a proper proportion passing off that way, hence cause an accumulation of that matter itself within the system, and probably bring on a gouty paroxysm ; for I have known in very gouty habits a fit many times originating from this source.

Having considered in the foregoing part of this work what the Gout was, and how occasioned, we have endeavoured to prove it to be an acrimonious humour, *fui generis*, called arthritic from its effect, acquired hereditarily, and sometimes adventitiously ; depending on the predisposition, or strong propensity to such a disposition, favouring the action of the gouty acrimony ; that this predisposition was inherent in the constitution, and consisted of a peculiar torpor of the nervous system ; that all such constitutions as appeared possessed of this nervous torpor, were those which were most subject to the Gout ; and lastly, that all those causes which were said to be predisponent, or



occasional, were such as contributed by their effects to induce, or increase, this very torpor in the nervous system.

Such then the principles upon which I found my opinion relative to the causes occasioning the Gout, I shall upon these principles proceed to lay down such rules as may procrastinate its attack ; render it, when present, more mild ; prevent its too frequent return, and obviate a number of its disagreeable effects ; radically to cure, or totally to prevent it, I dare not pretend, because I know not of any medicine or regimen that can destroy the gouty acrimony, or so alter the constituent parts of the machine, as to render them incapable of suffering from circumstances unavoidably occurring, which they are, from their original formation, so very prone to experience, and the violence of which circumstances they are by nature so adapted to increase, or even to create.



## SECTION XV:

ON THE MODES TO BE USED IN ORDER TO PREVENT THE SEVERITY AND TOO QUICK REPEATITIONS OF THE GOUTY PAROXYSMS IN TOLERABLY STRONG CONSTITUTIONS.

To all men of gouty habits I should recommend one general rule, viz. prudence in their rational, and moderation in their pleasurable, pursuits, limiting both one and the other much within the bounds of their constitutional powers; but as this rule comprehends such a variety of circumstances necessary to be particularised, I shall speak of them all under the following heads:

- I. *Study.*
- II. *Exercise.*
- III. *Mental affections.*
- IV. *Situation.*
- V. *Cloathing.*
- VI. *Diet, including solids and liquids.*

And



## And Ist. — ON STUDY.

*Study* may with great numbers be said to involve both pleasurable and rational pursuits ; but study pursued to too great length becomes irrational, because it lays the foundation for disease : for the mind cannot be a long time and repeatedly employed in close contemplation but the body very sensibly feels the effects ; men often rise from close mental application as much fatigued as from the severest corporeal exercise, with this difference, that the accumulation of fluids attend the former, while dissipation is the consequence of the latter ; hence the first is more productive of a variety of mischiefs ; for the moving powers of the machine are not only rendered less active, but the constitution is surcharged with a load of humours, which ought to have been carried out of the habit ; hence arise indigestion, obstructions, languor, impeded perspiration, and a variety of other affections, which though occasioned by torpor of the moving powers, particularly the nerves, still add to that cause, and greatly assist in cre-



ating a variety of diseases, amongst the number of which Gout may be esteemed one of the most certain.

*Intense* study, therefore, should be avoided, or where study becomes indispensable, its evil effects should be counteracted or prevented.

Men devoting much of their time to mental application, should employ their mornings chiefly in this way; allowing time for properly recruiting the spirits; when the mind appears fatigued, they should desist; take exercise, chiefly riding, and divert their thoughts by some pleasant amusement; eat and drink moderately of such things that best agree with them, and are easy of digestion, go to bed and rise early, and particularly keep the body free from costiveness.

Immediately after dinner they should by no means have recourse to study, not till some hours afterwards, till their food is pretty well digested, and they feel themselves light and alert; otherwise indigestion will be the consequence, and all its train of unfriendly associates :



ciates : the same may be said of those who live in a sedentary and indolent manner ; for without *exercise*, it is impossible for the constitution to remain long in a state of health.

## II. ON EXERCISE.

But in order to render exercise the most beneficial, it should be adapted to the strength, vigor, and circumstances of the constitution. For gouty people, walking has been recommended as the most eligible exercise, for it promotes a free circulation of the fluids through the vessels of the lower extremities, strengthens the muscular fibres, ligaments, and tendons of the feet and legs ; stimulates the absorbents to a freer action, prevents obstructions, and accumulation of fluids in the parts themselves, as well as promotes an increase of insensible perspiration ; gives free action to the lungs, and hence is of some use to the stomach, and abdominal viscera ; and indeed it is an exercise which contributes, in some degree, to give vigor to the whole moving powers of the habit ; but then it should be apportioned to the strength of the constitution,



tution, and never be permitted to exceed, but rather kept between, these limits ; for by, strong or too long continued exertions, every good consequence of exercise will be done away, and effects diametrically opposite be the result.

*Walking* though serviceable to those who can pursue it with some degree of activity, and certainly in such cases the most eligible, yet, under other circumstances, *riding* claims the preference ; especially where gouty men are subject to great weakness of the stomach and digestive powers ; obstructions of the hepatic system, particularly the biliary ducts, and others of the abdominal viscera, sparing secretion of urine, and phlegmatic affections of the lungs ; for by the motion communicated to these parts from the repeated concussion or shaking of horse exercise, their defects will be in some degree at least remedied ; all the parts will be stimulated to freer action, and gain strength to enable them to continue that action properly ; the circulation of the fluids will be promoted, and perspiration increased,



creased, though not in a degree adequate to that produced by walking ; but as in this species of exercise the lower extremities, from their dependent posture, pressure on the inside of the thighs, and want of muscular motion, may have the circulation in them impeded, on alighting it would be of great use to have the lower extremities well rubbed for some-time with a flesh brush.

The same exercise will also be of service to those, who, from general or local debility of the lower extremities, cannot use, and persist in, walking ; indeed of such utility do I think corporeal exertions, that if patients, from any cause, should be disabled from taking either one or other of these exercises, their places may be supplied with chamber horses, dumb-bells, playing at shuttlecock, billiards, or bowls, or having recourse to the inventions of Mr. Pugh, or others who have ingeniously contrived different apparatuses for the accomplishment of these purposes under particular circumstances. But even any of these exercises should not be pursued with  
too



too great violence, nor too long continued ; for remedies extremely well calculated from their specific nature to afford benefit in many complaints, become deleterious by excess in their use, as has been before pointed out ; and great fatigue to diseased and debilitated habits, not only affects the frame, but has wonderful influence in lowering the spirits, than which I know nothing more hurtful in general to patients in a valetudinary state ; of which we shall be made sensible when we come to examine the result. But it often happens, that men of a gouty habit become indolent, and if they find that exercise of a few days does not keep pace with their expectations, they desist, or have only now and then recourse to it, as best suits their humor ; this will not answer any good purpose : it is by daily perseverance that benefit is to be derived ; for this is intended to supply the defects arising from constitutional inability, not to conquer any casual or accidental circumstances, therefore is absolutely necessary to be adhered to. And certainly it requires but a small share of resolution to conquer so disgrace-

grace-



graceful a habit as indolence; particularly when the conquest is certain of being so pleasantly rewarded. Besides, riding or walking has other advantages, the mind itself is diverted by a variety of objects, and the spirits are exhilarated, two consequential auxiliaries to exercise, of which we shall be made sensible in discussing the following :

### III. ON MENTAL AFFECTIONS.

We find uneasiness of the mind creates all its mischief by inducing lowness of spirits; it brings on all the evil consequences of severe study; sedentary, indolent, modes of living, night-watching, indigestion, &c. by rendering the moving powers of the habit torpid and inactive; so also in gouty habits do strong passions freely indulged, or repeatedly given way to; they, it is true, in the first instance, occasion the moving powers of the system to act with great force, a force infinitely superior to what can be promoted by any other means; but their influence abated, the same powers are left in a much more weakened state than they were, from their exertions  
being



being carried so much beyond the strength with which they were naturally endowed; the same effects will then unavoidably take place, probably with some degree of aggravation, as resulted from bodily fatigue.

*Uneasiness of mind*, violent fits of anger, and the too frequent indulgence of strong passions, should be avoided if possible; especially in habits disposed to gouty affections; but it may be asked, how is that to be done, since it is allowed that affections purely mental are not within the reach of medicinal applications? To conquer those mental affections, or the propensities which impel us to the exercise of them, and which are ingrafted in our very nature, may be considered a very difficult task—a task which the weakness of human nature shrinks from; and therefore are they permitted to riot in excess, and load the constitution with the most distressing consequences. I am far from thinking the conquest impracticable, if we will permit reason to be our pilot, and fortitude our champion. For the first, instead of supplying us with

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fallacious arguments for a tame submission to our constitutional enemies, under the idea of opposition being vain and fruitless, will persuade us that resistance is a necessary virtue, and impel us to make the experiment ; whilst resolution will support us in the contest, and if in our first attempt we should not be completely successful, we shall so far reduce the power of our adversaries, as to convince us, that repetition of, and perseverance in the struggle will make us ultimately ride triumphant. Let us for one moment leave ourselves, and place our dearest friends in similar situations—let us consider the motives which induce us to give them advice—let us reflect on the consequences we expect to derive from such an undertaking—that advice then let us apply to ourselves ; reason will clearly convince us of its propriety, rouse our fortitude, and there is little doubt but, by continuance, success will be our reward. So firmly am I persuaded of the great good to be derived from such a conduct, that I cannot recommend the trial to be made in too strong terms, and certain I am that the benefits which will be perceptibly



ceptibly the result on one successful effort, will be a sufficient stimulus to supersede the necessity of any further inculcation on this head.

#### IV. ON SITUATIONS.

Gouty men, who have it in their power to choose *their places of residence*, should select such wherein the *air* is clear and light, free from those heterogeneous matters, which in cities or crowded towns are apt to destroy or lessen the portion of its vivifying particles; for we find that the atmospheric air, from chemical experiments, has been proved to consist of vital air, or oxygen gas, and azotic gas; the one highly invigorating, the other sedative in a great degree, in the proportion of little more than a quarter vital air, to the rest being azotic, or 27 parts of the former to 73 of the latter.

Therefore, in situations where the vital air is less abundant, the power of the azotic gas will be greater, and consequently such places become most noxious to gouty people  
from



from its sedative properties, rendering the moving powers of the system, particularly the nervous, more torpid in its action ; and perhaps it is owing to this why people, living in London, are less liable to fevers of the truly inflammatory class, and more addicted to those of the nervous, as well as why asthmatic people, whose lungs are very irritable, live more comfortably and freer from pulmonic affection in town than in the country.

People also of gouty dispositions should avoid low damp situations, where the air is apt to be cloudy, subject to great mists, or loaded with too much moisture ; for such air will impede perspiration, relax the solids, and dispose them to become sluggish and inactive, hebetate the mental faculties, and render the spirits cheerless ; all which give facility to the attacks of the Gout.

Nor should they expose themselves in rainy weather even to exercise, nor to night air, or too severe cold ; neither should they live in damp houses ; for these are all extremely ini-

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mical



mical to gouty habits, for the reasons above assigned. Early going to bed, and moderately early rising, are extremely beneficial; though perhaps for gouty habits, particularly when troubled with erratic pains, longer indulgence in bed in the mornings may be necessary; for gentle perspiration is most easily induced and maintained there, and often frees the patient from those uneasy wandering affections.

#### V. ON CLOATHING.

In their *cloathing* they should take especial care to let it be such as keeps them warm, particularly their extremities; for by this means insensible perspiration is not only generally and constantly supported, but the blood circulates freely to and through the extreme parts of the machine, and is prevented from accumulating in and weakening the vascular system of the feet and legs; a circumstance which cannot be too carefully attended to, nor too constantly persevered in. Of the use attending this part of regimen, we must be convinced, if we will advert to what has been previously delivered



delivered when speaking of the effects of cold.

In a climate so very variable as this in which we live, some care is necessary to be observed with respect to our change in cloathing. It is no uncommon thing to find even gouty men, upon the accession of a few fine warm days in spring, cast off their winter garb, and put on cloaths more cool, light, and airy. This is often a pernicious custom; for, in the early part of the season, a few fine days will be succeeded by those that are very cold; the consequence of which is, that the fluids, so freely solicited to the outer surface of the skin as to occasion insensible perspiration, nay even a perceptible diaphoresis by the preceding warmth, are immediately checked by the succeeding cold, and that suddenly; hence the internal part of the system becomes loaded and oppressed, and the moving powers unable to perform their duty with proper vigor and activity, and Gout very frequently the consequence. Men of gouty dispositions should seldom make any change before the month of



May, and then only in a gradual way, if the weather is of such a nature as to authorise the alteration, nor should they ever carry it to the extreme; and renew their winter apparel the latter end of August or beginning of September, sooner or later according to the state of the season.

By observing moderation in the change, they will be guarded against the sudden and violent effects of the alteration of the weather, and be less troubled, and more secure in the return to their usual mode of dress, if circumstances render it necessary.

#### VI. ON DIET — SOLID FOOD.

With regard to *diet*, much will depend upon the nature of the constitution, and the state of the stomach and digestive organs.

If the habit is tolerably vigorous, the appetite good, the stomach and digestive organs perform their functions with ease and freedom, there will be very little necessity for restriction



striction in the nature of the common aliment which they may be allowed to take; for, in constitutions like these, there is more reason to be afraid of the quantity than quality; for, if they exceed not in the former, the latter will not produce any ill effect; without such things are taken to which the stomach has an unconquerable antipathy; of which the individuals themselves, from experience, will be the best judges. With regard to the wholesomeness or unwholesomeness of particular parts of diet, they are relative terms; for, if any species of diet should be taken which perfectly agrees with the stomach, and is readily digested, it must be wholesome, and *vice versa*. Hence, the very same viands which may be considered as wholesome to one man, because they agree with the stomach, and supply nourishment, may to another be unwholesome, because diametrically opposite consequences are produced.

And here, by the way, I would observe, that meat, in order to be eaten in its most nutritious form, should never be over-roasted



or boiled ; because, in meats so cooked, the finest, most nourishing, and most readily digestible parts, are dissipated, and the solids left in a state participating only of the gelatinous and viscid parts of the fluids ; consequently more difficult to digest, and less nutritious.

But with regard to quantity, how is that to be ascertained as to the *quantum necessarium* ; because one man will eat and require more than another : nay, the same man has not always the same appetite ? To which I answer, that, of this particular, I know but of one mode to form a judgment ; if upon eating of one, or two things at the most, and those should be of the plainest kind, I should find one morsel not go down with the same agreeable relish as the former had done, I should desist ; for, if I may be allowed the expression, that appears to be a hint of nature's indicating sufficiency, or of having taken as much as she can make a good use of. It is not because one man throws in a large quantity, that he shall receive more nourishment than him  
who



who only takes a much more moderate portion: it is not the quantity swallowed, but the quantity digested, that affords nutrition.

It is probable, that he who eats the smallest quantity will receive more nourishment than he who eats the largest; because, the former will only take such a portion as is adequate to the powers of the stomach and digestive organs, from which nutritious chyle may be formed; whilst he, who takes more than is adequate to those powers, has chyle only formed in an imperfect state, unfit for the purposes of nutrition; hence it is, that great variety becomes pernicious: pickles, and high-seasoned sauces also; because different tastes give fresh zest, and induce men to lay a load upon the stomach which the digestive organs cannot conquer. Hence the rich epicure's misery;—hence the glutton's bane;—for nature, unstimulated, seldom errs.

Though great latitude may be allowed to constitutions of this kind, still even there I think suppers should be dispensed with; for,



in constitutions the most healthful, some inconvenience may be experienced ; particularly in their free and full indulgence : for the constitution, instead of being left to recruit itself by sound and refreshing sleep, by replenishing the defects of the various parts enfeebled by the natural action of machine, and replacing the particles which have been worn away, instead of applying the portion perfected for that purpose, is solicited again only to prepare it : hence languor, lassitude, and apparent fatigue are the morning allotments — instead of vigor and strength revived. If this is the case in healthful habits, how much more powerfully must they be felt by those who are gouty ; the moving powers of whose habits are in such a state as most sensibly to experience the debilitating effects of such indiscretion : for these, and for other reasons which we have before specified, suppers should be totally relinquished.

#### ON LIQUIDS.

The simplicity, of which we have been speaking in our choice of solid food, should  
be



be observed in those *liquids* to be used as common beverage : boiled water become cold, plain water, toast and water, where they agree, are the most eligible liquors to be drank with our meals ; if they should not, found small beer, wine and water, ardent spirits and water made small, or ginger-tea, may supply their place ; and these, should necessity require it, may be drank a little warmed ; for, in some stomachs, I have known them produce unpleasant effects from their coldness alone ; and actual warmth will very often be more beneficial than potential. Doctor Motherby, an intimate friend of mine, used often to complain of coldness and uneasiness in his stomach ; indeed, sometimes the pain was so violent as to be scarce bearable : ardent spirits, or aromatic spices, afforded no relief ; but from warm tea, or water, he received benefit ; though ardent spirits mixed with water, or spices infused in water, and drank tolerably warm, appeared to him to be more immediately and completely efficacious.

To all gouty habits, where milk perfectly



agrees, I should recommend its use : it is of the middle nature betwixt animal and vegetable diet ; it is sheathing, nutritious, cooling, and a corrector of acrimony ; and forms a pleasant breakfast : and, where gouty patients will not deprive themselves of suppers, milk will certainly be the most useful. With regard to a milk diet, by which is meant a total abstinence from all animal food, and every species of fermented liquor, much has been said of its curative effects : Begun in the early periods of life, where men are possessed of constitutional vigor, it may have its advantages ; but then it must be continued *durante vitâ* ; for, we have had a variety of instances, where gouty men have continued in this course for years with apparent benefit, on returning to their former modes of living, have been attacked by the Gout with redoubled violence. Indeed, we have some cases where men have lived the most abstemious lives, yet have been martyrs to the Gout. It may probably be of service to some constitutions, but not to all, I am perfectly persuaded ; and, was a gouty man, at the later periods of life, to enter  
upon



upon such a course of diet, and persevere, the consequences, I am certain, would convince him of the rashness, not to say madness, of the attempt. A milk diet should therefore be entered upon at an early period of life, by men whose appetite was good and digestive powers unimpaired, of a firm stamina, possessed of vigor and activity; and, on no account, by the aged or debilitated.

Of *wine*, much has been said by writers on the Gout. Were we to believe some, we should think that wine, which by others has been styled the cordial of the gods, was to mankind a poison; nay, indeed, it has been enjoined, in order to prevent the Gout, strictly to deny ourselves every species of spirituous, vinous, or other fermented liquors, and this indiscriminately. For an injunction so rigid, I cannot see the necessity; nay, indeed, in some cases, I should think the total forbearance might become injurious: though, I will confess, in constitutions such as I have above specified, perhaps its use may be dispensed with, particularly if they have not been in the daily habit



habit of drinking wine, &c. or where the habit may be of an irritable nature, and much subject to inflammatory affections, where the powers of the constitution rather want the bridle than the spur properly to perform their functions: though here the same objection will lie against every species of stimulants, as well as wine. But, in constitutions in the wane of life, and it is in them the Gout chiefly makes its attack, where its powers begin to be torpid and inactive, where the circulation of the blood becomes slower, and the spirits less animated and lively, and particularly if they have been in habits of making use of the chearful glass, in these a total abstinence must be detrimental; because the constitution, at this period, requires a proper stimulant to support its action, and make up for the defects brought on by decaying nature. Were we not to make too free use of wine in the younger part of our life, in more advanced ages we should find many agreeable consequences, and much consolation from the use of this revivifying liquid.

Physicians,



Physicians, it is true, have said that wine-bibbers were of all men the most subject to the Gout ; but then they meant such men as had poured forth large libations at the shrine of Bacchus ; men who had drank long and freely, so as to injure the stomach and digestive organs, weaken the nervous and other moving powers of the habit, load the vessels with unhealthful fluids, and prevent the glandular system, and other excretory organs, from regularly performing their offices. It is with wine, as with many active medicines thrown into the habit, in small and properly proportioned doses they answer many very salutary purposes ; but, in too large doses, become very pernicious, destroying the good consequences they were intended to produce ; nay often bringing on others of a much more dangerous nature.

But, as we have seen the bad effects of wine drank too freely, let us examine what it occasions, drank more moderately. It is supposed to be in its nature antiputrescent, cordial, and possessing, in some degree, a sedative power, and it is also a generous stimulant.

Hence



Hence, then, it gives an agreeable warmth to the stomach, increases the active powers of the digestive organs, invigorates the system, promotes circulation of the blood, and the different secretions and excretions of the body, corrects the acrimony of the bile, increases perspiration, diffuses an agreeable warmth through the system, which it invigorates, and gives a pleasing flow of spirits; in all which circumstances, gouty men, particularly in advanced stages of life, are most defective: I should therefore to them rather recommend the daily and moderate use of wine, than a total prohibition of such wines as have the least acescency in their composition, as red port, sherry, Madeira, and such like; but there are some stomachs with which wine will not agree; its place therefore may be supplied with rum, brandy, or Hollands and water, made of a strength equal to wine: to one part of the former may be added three or four parts of the latter, which will be improved; if well made, clear barley-water should be used, instead of plain water. Nor do I see any reason why good pure home-brewed ale, of a proper age,



age, not less than one year old, should be forbid : I have said home-brewed, and of a proper age, because ale, and other malt liquors sold in common, are drank much too new, before the viscosity of the liquor has been destroyed by the fermentative process, and to save the expence of a proper proportion of malt, some intoxicating ingredient is made use of, as opium, or more probably the *coccus indicus*.

## SECTION XVI.

WHAT TO BE DONE TO ANSWER SIMILAR PURPOSES IN CONSTITUTIONS MORE DEBILITATED.

IN constitutions more debilitated than those of which I have been treating, where the stomach is in a more relaxed, and the digestive organs in a less vigorous state, greater caution may be necessary to be observed in this diætic conduct.

Gouty



Gouty men of this description should confine themselves to food of the most easy digestion, such as fresh-water fish, eels and salmon excepted, and some of the lighter sea fish, white meats chiefly, and now and then fresh beef, mutton, or lamb: they should rather eat meat in small quantity twice, than gratify themselves fully once a day; vegetables in general should be avoided, particularly such as are indigestible, viscid, produce much flatulence, and are watery, as carrots, potatoes, peas and beans, cabbage, or spinage; for these are apt to load the stomach, clog the internal coat, create flatulence, and be relaxing; all hot liquids should be avoided, such as hot tea, broths, gruels, &c. for these very greatly contribute to produce relaxation of that organ; indeed, to every constitution, liquids drank daily too hot are detrimental in the extreme, and not only increase the violence of particular complaints, but lay the foundation of a great many; they should never be allowed but in cases of extreme necessity, where actual and immediate warmth is indispensable. Water in which  
not



hot iron has been repeatedly quenched, Pyrmont water, or water impregnated with fixed air, or wine, or weak spirits and water, or water in which some spice has been infused, may form the common beverage; to stomachs like these, malt liquors are prejudicial; the liquids here advised by their stimulant and tonic power will in some degree assist in counteracting relaxation, by giving activity and strength to the coat of the stomach; in other respects they may proceed as before directed. In the intervals of the gouty fit, during the warmer months, cold bathing may be useful, taking care that the coldness of the bath is proportioned to the strength of the constitution, which may be known by trial, if after coming out of the bath a general glow is felt diffused over the body, if the spirits are alert, if it is not succeeded by chillness, languor, lassitude, pain or heaviness in the head, it will be useful, and may be persisted in; not otherwise.

As to medicine for such as will regularly pursue a regimen of temperance, there will be

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very



very little occasion; keeping the stomach free from load and oppression, and the body from costiveness, are the only two particulars which in general ask its aid; and this may be done, if there is necessity, by occasional application to any of the aperients I have mentioned before; the most eligible of which, I think, are rhubarb, aloë, and calomel, for these clear the hepatic system, a circumstance in gouty habits particularly to be attended to, as well as perfectly unload the intestines, more so than most of the purgative class, and do not, like the neutral salts, leave the stomach in so relaxed a state; and should these not relieve the stomach itself when oppressed, a gentle vomit with a few grains of ipecacoana will answer the purpose.

But however well disposed many may be to pursue this, or any other plan they may like better, from a consciousness of its rectitude, still, from certain circumstances in life, they are compelled now and then to swerve from the rules of moderation, and to indulge in excess of eating and drinking, most commonly the latter.

For



For gouty men whose constitutions are tolerably strong, with good digestive powers, I know of no better remedy after a debauch, than abstemious living for a few days; for this will give time for the parts again to recover their tone and activity, and be brought to their former standard.

For others more debilitated, whose stomach and digestive powers are in a weaker state, the taking of stimulant, aperient, strengthening bitters may have its use, such as infusion of chamomile flowers, quassia wood, &c. with two drams of steel wine and tincture of rhubarb, and one dram of aromatic tincture to three table spoonfuls of the infusion twice a day; and indeed to either one or the other of these habits, one or two aperient pills, taken at bed-time upon the night after such debauch, will be essentially beneficial the succeeding day.

Notwithstanding it has been conjectured that the Gout cures all other diseases, still we find gouty people often afflicted with other local complaints which are independent of any



gouty cause ; or they often acquire some affections arising from other causes, as coughs, from what is called catching of cold, slight febrile affections, &c. &c. Under these circumstances they cannot be too solicitous, nor too attentive in having them quickly alleviated, or taken off ; for, suffered to remain any time, they either occasion frequently a gouty paroxysm, and always increase a predisposition to the attack.

My readers may be surprised that, whilst treating on the Gout, I have not mentioned the waters of Bath, considered as so sovereign a remedy in this disease. I have purposely omitted them in the former part of this work, that their acknowledged powers might be compared with the ideas I have advanced respecting this disease. They are considered as deobstruents, *clearing the stomach, primæ viæ,* and *abdominal viscera*, invigorators of the system in general, and of the stomach in particular, one of the most agreeable and efficacious nervous stimulants, and certain diaphoretics ; now if the causes which I have asserted occa-  
sion



sion the regular Gout, and their subsequent consequences are examined, and it is found that the Bath waters are calculated to afford every good effect, by the exertion of their power, as far as medical efficacy can extend; it will be no weak proof added to what I have already advanced of the probability of such causes existing, the means by which the consequences are produced, and the rationality of the methods recommended for their alleviation.

I have said the Gout was occasioned by an acrimonious humor, hereditarily or adventitiously acquired, in constitutions predisposed, or having a strong propensity to such a disposition to feel its effects; which predisposition arose from a peculiar torpor of the nervous system, producing languor, lassitude, &c. at first, and progressively uneasiness, and relaxation of the stomach, obstructions of the hepatic system, and other abdominal viscera, costiveness, and impeded perspiration, till the gouty matter was deposited upon the extremities by a law of the animal œconomy producing



ducing pain ; which pain, acting as a stimulus, is considered as an instrument of nature, to relieve the constitution from the offending cause, but which pain is increased to a degree of violence more than necessary, and made of longer duration, as well as its effects, by the continuance of some organic indispositions, occasioned by the first causes, proving themselves sources of other affections.

In order to alleviate all which, purgatives and emetics are prescribed in the first instance, as deobstruents ; to the last of which are ascribed a diaphoretic and general stimulant power ; and where systematic debility requires them, cordial stomachics, tonics, and stimulants, as invigorators of the system and stomach, producing at the same time perspiration ; by which means the constitutional embarrassments are removed, and nature left at liberty to perform her own salutary operations, in order perfectly to relieve the machine ; the benefits received by which various modes are exactly similar to which are produced by Bath waters, though perhaps in some cases in a less perfect degree.

These



These are the opinions that I meant to offer to the public, on this complaint; in the perusal of which, I hope none of my readers will bring the same accusation against me, as against my predecessor, that I have laid down such rules as it was impossible for human nature to pursue; which rules he comprises in the following words: “If he determines,” speaking of a gouty man completely freed from his fit of the Gout, “upon abstinence from every thing  
“ which stimulates;—if he is moderate in his  
“ pleasures, his business, and his exercise;—if  
“ he strictly denies himself every kind of spirituous, vinous, or other fermented liquor;  
“ —if he steadily adheres to a milk and vegetable diet;—if he observes early hours, supports a regular warmth of body, and keeps  
“ the passions of the mind equal and undisturbed:” — (and *if*, adds one of his commentators, *he be an angel and not a man*,) “he  
“ will not only deserve a cure but find it.”

When I consider the nature of man from his formation, the intent for which he was framed,



framed, his pursuits and various avocations ; when I consider man in a state of uncivilised nature where no luxuries ever reign, I do not believe one could be found capable of rigidly pursuing this paradisiacal regimen. Adam might be able to perform the task ; for he could procure his food only from the vegetable world, and his passions were of the purest kind. Perhaps from the mode of life of our primæval father the Doctor has taken his idea of the possibility of our performance : but let me ask, where shall we find a sublunary being so framed, or a situation so circumstanced ? However, as for my own part, I confess I do not see the necessity for such a severe conformation ; so far from it, that I think, in many cases, it would be detrimental ; for the nature of constitutions in every regimen is to be observed, as well as at different periods of the same constitution ;—in delicate and torpid habits, or in the wane of life, low living, in as much as it weakens, must be injurious. Doctor Brown, on trying the experiment upon himself, during a whole year's strict adherence  
to



to a regimen of this nature, had four fits of the Gout during that period, exceedingly painful and violent, and of very long duration, more severe and more numerous than he ever before experienced. I am persuaded, that steering betwixt the two extremes of high and low, will furnish the most lasting and salutary regulation.

That I so widely differ from the Doctor, and that I, one of the humblest of the sons of Hippocrates, should dare to dispute the validity of his principles, will not, I hope, be to him offensive; indeed the Doctor, who has laid the whole faculty prostrate at the feet of sir George Baker, can have no right to complain; and that he has treated them with such contumely, will be proved from his own words.

Speaking of his opinions, he says, “ I have  
“ been led towards them by no blind guides,  
“ for I have endeavoured to follow reason  
“ and experience; I may have indeed, mis-  
“ taken my conductors, and been imposed  
“ upon



“ upon by the meretricious charms of fancy,  
“ and hypothesis ; but unless you” (maugre  
all the world besides) “ who are so well  
“ qualified to be my judge, convict me of  
“ error, I must still continue to advance, and  
“ maintain them.”

Good God ! what execution in a few short  
lines ! The doctor has sacrificed his sagacity,  
and discriminating power, by confessing, *that*  
*he doubts whether he has been led to his opinions*  
*by reason and experience, or been imposed upon*  
*by the meretricious charms of fancy, and hypo-*  
*thesis* ; though he says, that he has been long  
acquainted with the two former ; and has  
treated the scientific and practical part of the  
medical world with the most egregious con-  
tempt, by holding up his patron’s knowledge  
superior to the aggregated mass of theirs, ac-  
quired by unwearied assiduity, and intense la-  
bour ; and all this for what ? The inference  
I shall leave to my readers, and content my-  
self with observing, that, though the grateful  
tribute



tribute of modest friendship claims our approbation, yet no man has a right to immolate, at one stroke, the characters of thousands at the shrine of unmanly adulation; or, if he should, to escape the severity of censure, which *I have little leisure, and less inclination, to bestow.*

FINIS.



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