

A syllabus, of a course of lectures on the diseases of seamen / by Sir Arthur Clarke.

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A
SYLLABUS,

OF

COURSE OF LECTURES

ON THE

DISEASES OF SEAMEN.

BY SIR ARTHUR CLARKE, M. D.

Dublin:

PRINTED BY N. CLARKE,

50, Great Britain-Street.

1814

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BY J. L. A. B. U. S.

COURSE OF LECTURES

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BY DR. ARTHUR CLARKE, M. D.

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TO THE HONORABLE
THE COMMISSIONERS FOR
TRANSPORTS, SICK AND
WOUNDED SEAMEN,

&c. &c. &c.

THE following SYLLABUS of a
Course of Lectures on the Diseases
of Seamen, is most respectfully
submitted to their consideration
and judgment, by their

Very Obedient,

Humble Servant,

A. CLARKE.

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ADVERTISEMENT.

THE design of this Syllabus is to serve as a text book to the *Medical Student*, who intends embracing the *Army* or *Navy* as his profession; and to point out those diseases which being of the utmost importance, require to be most attentively studied; particularly in the practice of the Royal Navy.

The object of the Lecturer is not to enter into a full detail of the

B

opinions

opinions of authors, or to give a regular systematic account of the diseases, which form the subject of his Lectures; but to enter into a minute history of their treatment, and to endeavour at diffusing a knowledge of the methods of cure now established in the Royal Navy, and of several facts on the theory and practice, not generally known.

It may be observed that some of the Lectures are more in detail than others.—The reason of this is, that where the subject of the Lecture is a disease generally known, it would be superfluous to give the heads at length; whereas

in

in the discussion of any particular theory, or opinion, on diseases difficult of investigation, it is of no small consequence to the pupil to have the leading circumstances of the disease before him.

Three courses of Lectures in the year will be given. The Winter course will commence the first Monday after the 1st. January,—the Spring course, the first Monday in April, and the Autumn course, the first Monday in October.

The Lectures will be delivered at the Lecturer's House in Great George's-Street, Rutland-Square, twice a week, at 8 o'Clock in the

B 2

Evening.—

Evening.—Free to Surgeons, and
Assistant Surgeons of the Royal
Navy and Army.

*The Winter Course
at the Naval Hospital
North Wall Quay*

INTRODUCTION

INTRODUCTION.

INTRODUCTORY OBSERVATIONS,—the practice of medicine in the Royal Navy,—Medical Officers in the British Navy more respected than in that of any other nation.

Diseases observed to prevail in cold climates and on home stations,—in hot climates, and on foreign stations,—Sea Epidemics,—discordant opinions of authors on the diseases of Seamen.

Composition of the atmosphere,
—method of ascertaining the rela-

tive proportions of oxygen gas and nitrogen gas contained in the air between the decks of a ship of war, or in the atmosphere in any part of the globe.--Experiments demonstrating the effects of foul air on the life and health of animals,—recovery of persons apparently drowned.

Cause of the action of the heart, and the colour of the blood,—of animal heat—how generated,—theories of Crawford, Ellis, and Richerand,—experiments of Davy, and Priestly.—The process of life shewn to resemble in many instances, that of combustion.

Composition

Composition of water illustrated by experiment,—constituent principles of all animal and vegetable matter,—substances contained in the soil of Marshes.

Animal, vegetable, saline, mineral and other substances which compose a marshy soil, contained in the ballast, in the hold and between the decks of a ship of war.

Probable cause of contagion,—influence of the atmosphere thereon,—opinions of Hunter, Jackson, Mosely, Lind, Balfour, Chisholme Blane, Bancroft, Johnson and Clarke.

Effects

Effects of heat, cold, and moisture on contagion,--of the land air on foreign stations,—how far the influence of vapours from woods and marshes may extend, enquired into.

All diseases incidental to a Fleet, (except scurvy,) more prevalent in harbour than at sea. Means of preventing and removing contagion from a ship of war,---method of disengaging oxygen-gas from manganese and other mineral substances, in the sick berths,—means of preserving health on board a ship of war,—duty of the surgeon.

Effects

Effects of heat and cold on the body,—natural temperature of human body,—the body capable of resisting different degrees of external heat and cold,—instances of its bearing 52 degrees below the freezing point, and 120 degrees above the heat of the blood,—experiments of Dr. Fordyce, and Sir Charles Blagden.—Effects of a tropical climate on the European constitution.

DISEASES

Effects of heat and cold on the body—natural temperature of human body—capable of

DISEASES

OF COLD CLIMATES,

AND ON

HOME STATIONS.



PNEUMONIA.

Pneumonia and *Catarrh*, the most predominant complaints in the Navy on the home station, *causes*, sudden atmospherical transitions and exposure to night air; *symptoms* of *Pneumonia* differ only in degree from those of *Catarrh*,—line of demarcation between them,—

DISEASES

little

little danger arising from treating violent catarrh as pneumonia,--the the reverse productive of mischief. *Treatment*—venæsection, —gentle-laxatives, —profuse bleeding after the 2nd. or 3rd. day dangerous, —topical bleeding useful, —blisters important auxiliaries after venæsection, —squills, ammoniacum and other stimulating expectorants improper early in the disease, —digitalis.

Phthisis, —the effects of one or several attacks of pulmonic inflammation.

Pulmometer, —its utility in ascertaining the capacity of the lungs
for

for inhaling atmospheric air in phthisis and other pulmonic affections,—quantity of atmospheric air taken into the lungs of an adult person at each inspiration,—utility of this instrument in doubtful cases of pulmonic and hepatic diseases.

RHEUMATISM.

Chronic Rheumatism, Lumbago, and Sciatica,—frequent complaints among Sailors and Marines, particularly after a length of service in various climates,—often feigned for the purpose of obtaining a discharge,—how to discover the assumed

sumed disorder,--*Treatment*,—mercury combined with opium and James's Powders,—vapour bath.

Portable steam or vapour bath invented by the Honourable Basil Cochrane, and improved upon by Dr. Cumming, simply constructed and well adapted for ships of war.

ERYSIPELAS.

The *œdematous* species the most prevalent met with in the practice of the Royal Navy,—often attended with considerable danger.—*Treatment*,—a successful mode adopted by Dr. Hutchinson, of the Naval
e Hospital

Hospital at Deal.—Deep incisions through the skin, adipose and cellular membranes, quite down to the muscles before suppuration.—effects of this practice.—opinions of Keenan and Willan.

CHRONIC ULCER.

Formerly a most destructive malady among seamen.—now seldom seen in any formidable stage.—frequently connected with a deranged state of the digestive organs, brought on by an immoderate use of spiritous liquors.—

Treatment

Act in these matters. 29

The court, upon reading of the
petition, ordered, in the hearing
of the same, that the petition, and
the plea thereto, be read,
and the defendant be allowed
to answer the same, and to produce
the same, upon application
therefor.

IN THE MATTER OF THE
ESTATE OF

William Lawrence Esq.
deceased, the petition of the
executors, and the plea thereto,
and the application of the
executors for the same.

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Continued

terebinthinæ or spiritus camphoratus in every stage of the complaint,—blisters where the sensibility has left the parts.

SEA SCURVY.

Formerly the scourge of our Navy in every part of the globe,—now seldom met with except on long voyages, in wet and cold weather, --*Causes*, a deficiency of oxygen gas in the air between decks, occasioned by the gun ports being kept shut,—inattention to personal cleanliness and the want of vegetable diet,—*Symptoms*,—extreme debility,

debility,—pale bloated countenance with livid spots on the skin,—spongy gums with tendency to hæmorrhage, offensive breath, lacerations breaking out in different parts of the body,—the joints become swelled and stiffened,—the muscles rigid and unable to act,—general emaciation,—death ushered in by dysentery or bloody flux.—*Treatment*,—the generation of oxygen-gas between the decks when the severity of the weather prevents free ventilation,—lime juice and fresh vegetable diet,—remedies to be employed where lime juice and vegetables cannot be procured,

—method of preserving at sea a substitute for vegetables from the seeds of cresses, cellery, mustard, rape and cabbage,—opinions of Rouppe, Lind, Trotter and Blane.

DROPSY.

Dropsy, tho' only a single symptom treated as an original disease, —the concomitant of many visceral disorders,—sometimes the termination of eruptive and intermittent fevers,—arises often from accidental injuries,—from suppressed secretions,—is not uniformly a disease of debility,—effusion never perhaps,

perhaps, the consequence of diminished tone of the secretory vessels, *dropsical deathesis* depending upon a peculiarity of constitution resembling the *inflammatory*,—dropsy affording many strong analogies to *Diabetes*,—frequently connected with dysentery,--with pneumonia,--with hepatitis,—with splenites,—with the walcheren fever,--varieties of dropsies met with in the practice of the Royal Navy, *Anasarca*, *Ascites*, *Hydrothorax*,—*Hydrocele*.—*Causes*,--organic disease,—mechanical pressure of enlarged viscera—of aneurisms,—of abscesses,—of scirrhus tumors,—often the termination

mination of scarletina,—of intermittents,—obstructed discharges and obvious cachexy denote the dropsical diathesis,—extensive and various disorganization, the frequent concomitant of every variety of dropsy,—varieties of fluids extravasated in dropsy,—metastasis to the brain,—cupped and buffy appearance of the blood,—three conditions in the appearance of the urine observable in the different states of dropsy,—1st. scanty, high coloured and depositing a pink sediment,—2nd. remarkable for containing more or less deluted serum precipitable by exposure to heat

heat or to certain chemical tests, as nitric acid or oxymuriate of mercury,—3rd. pale crude copious and diluted, depositing no sediment nor coagulating by heat or acids, result of Dr. Blackhalls' examinations,—cough in dropsy considered by Hippocrates, Bonetus and Morgagni as a fatal symptom,—marks a tendency to Hydrothorax. *Treatment*, a successful mode lately adopted by the Lecturer, in the Naval Hospital at Dublin, and in private practice,—*Venæsection* indicated in nearly all cases of dropsical effusion, except where it arises from local obstruction, as from preternatural

ternatural tumors, ovarial Dropsy, and where it follows at the close of Chronic diseases, more particularly Phthisis,—*purging* conducted perseveringly on the plan of Doctor Hamilton, with calomel, jalap and cathartic extract,—*evacuants*, as cream of tartar, elaterium and gamboge,—*Diuretics* of great comparative utility, mercury,—squills, digitalis,—opium,—tonics,—*tinctura ferri acetata*,—quassia,—wine,—*paracentesis*,—objections to puncturing dropsical limbs,—treatment and operation for Hydrocele.

SHIP

SHIP FEVER,

Fever modified by the different organs primarily affected,—several varieties treated of by Authors,—the diseases fundamentally the same,—relation between fever and inflammation,—symptomatic or secondary fever, exhibits the same forms of febrile phenomena, holds the same course, undergoes the same changes, possesses similar characters, and requires the same means of cure, as the idiopathic or primary fever.

Ship Fever, the fever of ships newly fitted out, improperly so called,—

called,—does not so frequently occur in hot, as in cold climates,—its attack always strongly marked.--
Causes,—fatigue,---watching,--exposure to cold and night air,—*Characteristic Symptoms,*--depression of strength, or great and sudden apparent muscular debility,—peculiar heat of the skin,--secretion of green bile,—petechiæ, (an early symptom of the fevers of the poor in Dublin,—is this symptom ever the consequence of the abuse of spiritous liquors?) symptoms aggravated when the vessel is crowded, and the apartments ill ventilated,—by the accumulation

accumulation of human effluvia, which with the decomposition of animal and vegetable matter contained in the vessel, often generate a pestilential and contagious atmosphere.—*Treatment*, venæsection daily, until the local and constitutional symptoms are subdued, or moderated,—quantity of blood to be drawn according to the violence of the symptoms, the temperament, the strength and habits of the patient, and according to the structure, the functions, and the situation of the organ primarily affected,—the buffy coat and cupped appearance of the blood not always

a test of inflammation,--bleeding in fevers to be regulated in all cases by the knowledge of the prevailing epidemic,—by the remote cause,—by the season of the year,—the climate of the country,—and above all the age,—the usual habits and constitution of the patient,—by the period of the disease,—the effects of bleeding in former diseases,—the appearance of the blood and the effects of the *first* venæsection. purgatives of the saline class as epsom salts,—sudorifics as James's powders,—cold affusion,—opium,—its effects and when to be exhibited,---diet for the sick on board

board a man of war,---sago, arrow root, barley, rice, tea, sugar, cocoa, lime juice and wine, liberally supplied the surgeon of every ship in His Majesty's Service, for the use of the sick and wounded.

AGUE.

The epidemic of low, woody, moist and marshy countries, frequently found in warm climates---the *Tertian*, the species most generally met with,---its mortality at Walcheren,---*Symptoms* indicating strong action of vessels always present during the paroxysm,---
D 2 cough

cough and other pulmonic affections,---pain in the side and other symptoms of hepatic inflammation,---sometimes terminates in dropsy,--in jaundice,---appearances of the liver,----spleen and pericardium after death,----water frequently found in the abdomen,--*Treatment,* --venæsection if symptoms indicate organic inflammation,---emetics,---stimulating purgatives as scammony,---calomel, jalap and aloes, ---bark,--wine,--Opinions of Lind, Bancroft and Fordyce.

PLAGUE.

PLAGUE.

Plague a name given to a very violent pestilential and contagious fever,—arises from an infection of a specific nature,—most prevalent on the coasts of the Mediterranean, and at the termination of large rivers into the sea, as the Nile, the Gambia, and the Senegal,—facts proving the plague of London to have been generated by infectious matter and not imported,—the plague never known to exist between the tropics,—the plague which rages in Egypt, Smyrna, and other places, disappear at midsummer, the hottest part of the year,—

year,—that which was generated in England, disappeared in winter, the same observed at Moseow, Constantinople, and other places, Dr. Gutteries observations.—*Characteristic symptoms*,—the muddy dull eye,—the tongue streaked with white and red patches,—bubo, anthrax or carbuncle,—hæmorrhage,—line of demarcation between the Plague, the Yellow fever and Typhus —*Treatment*,—Emetics,—sudorifics,—mercury,—regulations adopted by the Board of Health,—method of avoiding the plague,—quarentine,—opinions of Bancroft, M'Gregon, and Fordyce.

DISEASES

DISEASES
OF HOT CLIMATES,
AND ON
FOREIGN STATIONS.

YELLOW FEVER.

The endemic of the West Indies,
—contrariety of opinions among
professional men respecting its na-
ture and treatment,—attacks Euro-
pean seamen and soldiers more
particularly within the first eigh-
teen months after their arrival in
the Country,—the term *yellow fever*
and *vomito prieto* or *black vomit*
objectionable,—the brain and sto-
mach,

mach, the organs primarily affected, --appearance of those organs after death, --the stomach and duodenum always mortified or inflamed, --the liver very rarely found diseased, --the matter of black vomit commonly found in the stomach, --was never discovered in the liver, the gall bladder or the biliary ducts, --is essentially different from bile, --yellow fever considered not contagious. — *Causes*, --intemperance, —excessive fatigue in the sun, --checked perspiration, --costiveness, —the exciting causes of Typhus fever in other countries produce the Yellow fever in this. — *Characteristic symptoms*, —

toms,—its sudden attack,—without remission or abatement in its progress,—peculiar anguish about the precordia,—extreme torpor of the bowels,—the yellow tinge of the eyes and skin and the vomito prieto not constant symptoms, but generally present.—*Treatment*, venæ-section largely in the early stage,—injurious when employed after it,—cathartics,—vapour bath (now employed in ships of war) the most useful auxiliary to draw the circulation to the surface of the body and to relieve the internal congestion,—blisters,—capsicum,—volatile alkali,—bark,—wine,—anomalous

lous symptoms requiring modification of treatment,—emetics injurious,—diseases with which the yellow fever may be assimilated and has been confounded by some writers,—the Plague and Typhus fever,—symptoms which distinguish the Yellow fever from those two distempers,—means of preventing and avoiding the Yellow fever,—opinions of Ruth, Bancroft, and Johnson.



BILIOUS REMITTING FEVERS OF THE EAST.

The endemic of *Batavia*,—of
Bengal,—of *Bombay*,—the liver the
organ

organ primarily affected in endemics of the East Indies,--sometimes a congestion or determination to the brain.—Endemics of the [East and West Indies compared,—distinctive features between them,—the yellow skin and black vomit frequently absent in the West India fever,—almost always present in the East,—green and yellow bile,—sometimes black, ejected both upwards and downwards in the Eastern fevers,—great gastric derangement indicated by oppression on the præcordia excruciating pain at the stomach,—or fulness and tenderness in the epigastric region,
—delirium,

—delirium,—the remissions of short intervals,—symptoms of successive paroxysms aggravated,—the skin moist and clammy,—the pulse small and irregular,—the tongue black and crusted frequently terminates in hepatitis,—in dysentery,—*Causes*,—atmospherical heat and vicissitudes,—marsh miasma. *Treatment*.—mercury, to be alone relied upon in the early stages of *all* the fevers of India,—supposed to have three modes of action,—on the intestinal canal, on the hepatic system, and on the general constitution,—venæsection,—James's powders,—cathartics,—blisters,—opium,—

um,—nitric acid.--Opinions of Cur-
tis,---M'Gregor,--Balfour,--Clarke,
and Johnson.

HEPATITIS.

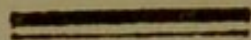
Hepatitis,—branches of the He-
patic artery inflamed in this disease
and not of the *venæ portarum* as
supposed by some practioners,—
this disease more prevalant in the
East, than the West Indies,—dissi-
milarity between the *Hepatitis* of
India and the *Hepatitis* of Europe,
—*Causes*,—sudden application of
slight degrees of cold, after ex-
cessive and long continued heat,
—raw nocturnal vapours,—atmos-
pherical

atmospherical vicissitudes,—inebriety,—too much food,—ill timed exercise,—obstruction in the hepatic ducts, or the ductus communis cholidochus, and other causes of internal inflammation,—*Symptoms*,—obtuse pain in the hypochondriac region,—sympathetic pain in the right shoulder,—difficult respiration and cough,—no considerable spitting,—sometimes sickness,—thirst,—hiccup and vomiting,—if occasioned by an obstruction in the *ductus communis cholidochus*, or any considerable hepatic duct, a *Jaundice* takes place,—if brought on by other causes, the quantity of
bile

bile thrown into the duodenum is increased and the evacuations become bilious,—most commonly terminates in suppuration, producing symptoms of Hectic fever,—of Dysentery, of Dropsy.—*Treatment*,—venæsection and topical bleeding,—cathartics,—mercury.

Chronic Hepatitis.—*Treatment*,—mercury,—tepid bathing,—mineral waters,—change of climate.—Appearance of the liver on dissection, after Hepatitis,—experiments of Dr. Saunders, and his conclusions respecting the elements forming the bilious fluid,—composition of the bile,—its properties,—its use,—

complaints arising from a *deficiency* of the *secretion* of bile,—from an increased secretion or superabundance,—from a vitiated bile, and from an *obstruction*, in the biliary ducts,
 --Opinions of Curtis, and Currie.



MORT DE CHIEN AND CHOLERA MORBUS.

Frequent in Fleets and Hospitals in India,—*Causes* of this disease investigated,—supposed to arise from a deficiency of bile by Johnson,—from an increased secretion of that fluid, by Saunders, Currie, and others,—its attack always sudden,—
Symptoms,

Symptoms of Mort de Chien differ only in degree from those of *Cholera Morbus*,--the bowels attacked suddenly with griping and purging, —the stomach with sickness, pain and vomiting,--pure bile passes both ways,--spasmodic irregular contractions from the alimentary canal and abdominal muscles, to the extremities,--great debility, languor and fainting,--cold clammy sweats, --hiccup,--death in a few hours. --*Treatment*,--bleeding to be employed with caution,--the warm or vapour bath indispensable,--calomel combined with opium,--laudanum by enema—gentle laxatives, E 3 —cordials,

cordials,--frictions,--diluent drinks.

This disease considered by some as a species or variety of tetanus,--line of demarcation between them.

DYSENTERY.

The most fatal disease met with in camps, fleets and armies,--the mesenteric glands considered the seat of the disease by some authors,--the putrid *Intestinal fever* of Dr. Balfour, and the *Flux* of Mr. Curtis, sometimes connected with Typhus,--with intermittent fever,--with hepatitis,--often the termination of scurvy,--*Causes*,--the same as produce bilious fever and hepatitis, as
atmos-

spherical vicissitudes, &c.--attacks
sailors and soldiers after a long re-
sidence in hot climates,--*Symptoms*,
differ only in degree from those of
diarrhœa, commence with slight ri-
gors, or chills, alternated with flush-
es of heat,—griping,—tenesmus,—
mucus or bloody discharges,—tor-
mina,—fever,—delirium.--*Treatment*,
successful practice lately adopted at
the Naval Hospitals, and on board
His Majesty's ships of war, in In-
dia,—calomel in large doses,—re-
peated at short intervals till the sys-
tem is saturated,—combined with
opium at bed time,—interposing
laxatives

laxatives as oil of castor occasionally,—James's powders,—nitric acid, —quassia,—Opinions of Harty and Johnson.—*Treatment of Diarrhæa.*

TETANUS.

Often the termination of amputations and severe lacerated wounds fractures, contusions and luxations, sometimes the effects of cold and moisture,—*Symptoms*,—commence with pain and stiffness in the lower jaw, succeeded by rigidity and spasm of the muscles of the affected member,—terminating with *opisthotonos*
and

and affections of the muscles of the neck and back,--*Treatment*,—warm bath and opium the principal remedies to be depended upon,--calomel, —James's powders and cathartics, —practice of Hippocrates, and Aretæus,—of Blane, Clarke, Warren, Rush, Darwin and Hamilton.

EPILEPSY.

A disease sometimes feigned by sailors to obtain a discharge,—how to detect the assumed disorder,—often arises from concussion of the brain, from blows, wounds, fractures,

tures,

tures and other external injuries to the head,—from frequent intoxications,—sudden frights,—great mental emotions,—suppressed natural discharges, often an idiopathic disease,—sometimes hereditary. *Treatment*,---venæsection,—cathartics,—oxyd of zinc,—camphor,—nitrate of silver and cold shower bath.

Oil of turpentine, lately employed by the Lecturer, with success.—Opinions of Latham and Perceval.

CONCLUSION!

Means of preserving health under changes of climate and difficulties.

ties of service.—Directions for the regulation of Europeans on their return home, whose health and constitution have been impaired abroad.—Advice to a young Surgeon entering the Service.

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FINIS.  
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