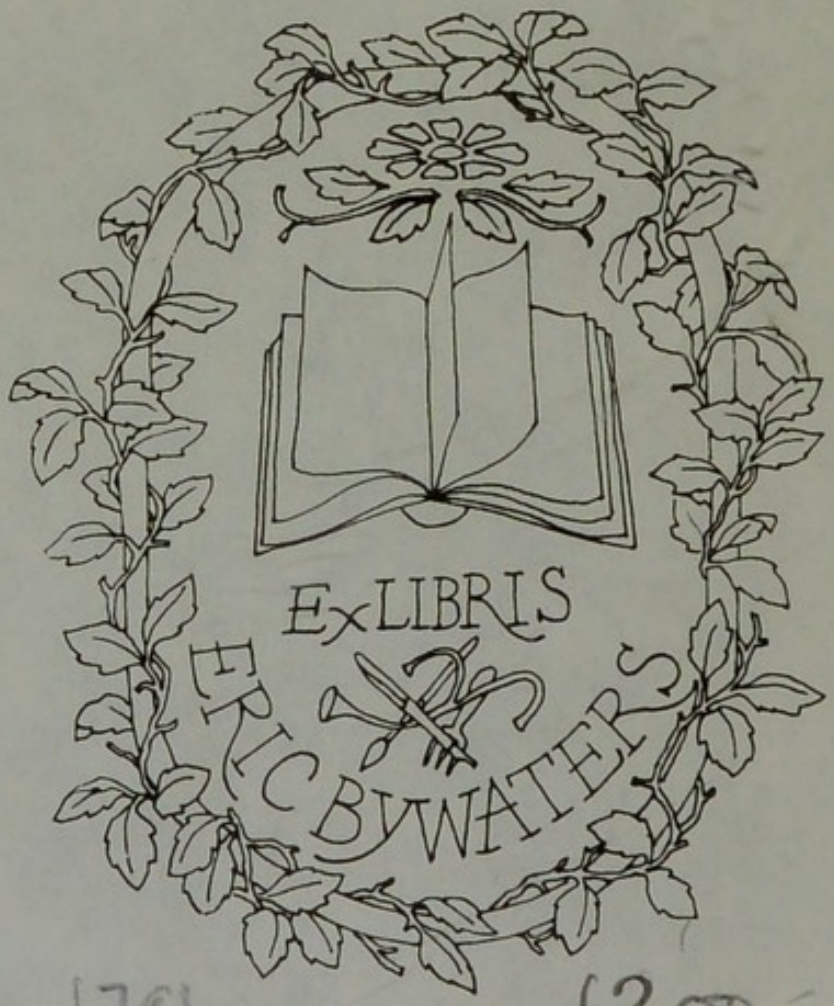

ADVICE

TO

GOUTY PERSONS,

BY

RICHARD KENTISH, M. D.

OF THE ROYAL COLLEGE OF PHYSICIANS,
LONDON, &c. &c.

SECOND EDITION.

"Gliſſono monſtrante viam, Hallerus phyſiologus ſolertiſſimus, experimenta ejus ulterius proſequendo, *proprietatem* illam fibrarum animalium, per quam nullo dolore comitante irritari potuerunt, et quam in fibris quibuſdam animalibus vivis ineſſe, ſicut in Materia univerſali *Gravitatem* perdocuit; et hic Phyſiologus præſtantiſſimus, doctrinam, Gliſſono noſtro, Jure maximo, referendam, ampliori explicuit modo."

Orat. Harveian. a Joanne Aſh, M. D. Coll. Reg. Med. Lond. Soc. R. et S. A. Socio; pag. 19. *Londini* 1790.

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1791.

Nodosâ corpus nolis prohibere Chiragrâ?

HOR.

DEDICATION.

To Dr. Ash, F. R. S. and F. A. S. Fellow of the Royal College of Physicians, London.

SIR, *Gower-Street.*

I Have received with peculiar pleasure your permission to dedicate this work to you, and nothing could have increased that pleasure, but the manner in which you have expressed your approbation of my intention.

When first I published this work it was sent into the world without a Dedication, because I felt that no production of mine had then a legal claim upon my profession.

" A Physician in a great city, says the English sage, seems to be the mere plaything of fortune; his degree of reputation is for the most part totally casual; they who employ him, know not his excellence,

cellence, they who reject him know not his deficience. By an acute observer who had looked on the transactions of the medical world for half a century, a very curious book might be written on the fortune of Physicians." If the liberty of the press should ever be so firmly established in this country, that* TRUTH *may be published on all occasions, I shall be happy to contrast your virtuous, and conscientious conduct, with the unhallowed temper of my professional opponents. At the same time that I acknowledge my particular obligations to you Sir, I should be wanting in respect to others who acted with you, when I was admitted of the Royal College of Physicians, in consequence of an application to the court of King's Bench for a* MANDAMUS *against that learned body, if I did not express my gratitude for their conduct, since I have had abundant occasion of observing, that an obligation is conferred where men, even* acting upon oath, *discharge their duty* conscientiously. *I am now convinced that the most learned, the most respectable, and the most honorable members of my profession are my friends, and I take this opportunity of declaring, that it will be the pride, and pleasure, of my life, to prove myself worthy the countenance,*

* *Johnson's Works. Life of Akenside, p.* 289. *V.* 4.

and

and friendſhip, I have received from you, from them, and other virtuous characters,

I am, with great reſpect, Sir,

Your much obliged and

Moſt obedient humble ſervant.

July 1ſt, 1791. *Rich^d. Kentiſh.*

PREFACE.

IN the month of July 1788, when I viſited M. Berthollet at Paris, he informed me that he had analyzed the urine of gouty patients, and found a conſiderable exceſs of phoſphoric acid during a paroxyſm, to which he ſeemed willing to aſcribe the peculiar phenomena of this diſeaſe; but though the fact muſt be admitted from the well known accuracy of M. Berthollet's chemical inveſtigations, yet I ſee no more reaſon to aſcribe the effects to this cauſe, than I do to aſcribe the ſymptoms of intermittent, inflammatory, or hectic fever, to that exceſs of acid which is obſervable in the perſpirable matter of patients, labouring under theſe diſeaſes. When I was a pupil of the late Dr. Cullen at Edinburgh, I recollect mentioning the remarkable acid ſmell of the perſpiration of a gouty limb, as a ſingular circumſtance, and deſiring his explanation. If my memory ſerves me, he replied that it was not peculiar to the

diſeaſe,

diſeaſe, but was obſervable in moſt caſes of confined perſpiration. I ſhould not have thought it neceſſary to mention the opinions of theſe great men, but I find that a book entitled "TRAMPELS BEOBACHTUNGEN UND ERFAHRUNGEN MEDICINISCHEN UND CHIRURGISCHEN INHALTS," &c. Medical and Chirurgical Obſervations and Experiments by J. E. Trampel, M. D. was publiſhed in 1789, in which the author imagines that the phoſphoric acid is in ſome meaſure conducive to the diſeaſe, and he very philoſophically proves the credit due to his hypotheſis, by preſcribing a remedy which he ſays "never fails to promote the arthritic fever, and co-operate with nature in producing a criſis." He puts two ounces of vitriolic æther, and twenty five grains of phoſphorus in a phial, to the neck of which he lutes another of ſufficient capacity. The phial being put into a veſſel of water heated gradually, the phoſphorus diſſolves. When cold, the menſtruum will not ſuſpend more than fifteen grains of the phoſphorus. Of this ſolution he gives ten drops, or upwards, three times a day. It increaſes the ſecretion of urine and relieves the joints. With reſpect to the cauſes of the chronic gout, Dr. T. conſiders them

them all as debilitating."* It is not neceſſary to compliment this author on his chemical or philoſophical inveſtigations, which are it muſt be confeſſed in the true ſtyle of medical philoſophy—to perſiſt in putting twenty five grains of phoſphorus into a menſtruum which diſſolves but fifteen. is highly correſpondent with the ſagacity of a phyſician who believing the phoſphoric acid the cauſe of morbid phenomena, adminiſters the cauſe to remove the effects.

" Phyſic of metaphyſic begs defence,
" And metaphyſic calls for aid on ſenſe." POPE.

* Vid. Analytical Review—June 1791.

ADVICE

TO

GOUTY PERSONS.

TO detail the opinions of medical men on the generality of complaints, is at once an insult to their profession, and to common sense. No absurdity is too great for the creed of a physician. He who is orthodox in physic, must shut his ears to reason, and "listen with credulity to the "whispers of fancy, or the phantoms of "imagination." I shall therefore be excused from pursuing the history of the Gout through all the labyrinths of obscurity, in

 which

which the ignorance of my profeſſion has involved it, and enter upon the more important ſubject of giving ſuch obſervations and advice to arthritics, as experience enables me to deliver. The theory of diſeaſe has been miſtaken, and to ſuch miſtake we muſt attribute the fatality of medical practice. Since the days of Aſclepiades,* there has been but little genius of philoſophy in the writings of medicine. He corrected the errors of Hippocrates, and endeavoured to teach mankind the happy art of curing all complaints, *tuto, celeriter, & jucundè*. But ſuch a doctrine was not ſuited to the capacity of the *medical mind*, which has been ſingularly attached to ſyſtems repugnant to truth, ſcience, and common ſenſe. Hippocrates was the unintentional cauſe of this calamity. He ſeparated medicine from

* "Vixit Anno Mundi 3939. Anno Ante Chriſtum Natum 63, & quidem ad ſupremam Senectam valetudine proſperrima. Nam ſponſionem feciſſe dicitur, ne medicus haberetur, ſi quo unquam morbo corriperetur. Et vicit etiam." Vid. Mangeti Biblioth. & Le Clerc's. Hiſt. de la Medecine.

philoſophy,

philoſophy, and ſent it a wandering amongſt the fictions of imagination. Any man who could read or write, and many a man poſſeſſed of neither of theſe accompliſhments, has been, ſince his time, thought qualified to attend to nature—to watch diſeaſe, and record the ſymptoms of complaints—hence every morbid appearance has been dignified with ſome ſpecific appellation, and the phenomena of diſeaſe multiplied into diſtinct diſeaſes.

This talent for obſervation has been ſo widely diffuſed, that practitioners in phyſic appear to have been emulous of their minute attention to the diſeaſed varieties of nature, without duly conſidering the peculiarities that attend her in a ſtate of health. The properties of life, and the cauſes of health, till lately, have appeared beneath the phyſician's attention. Thus has the talent for obſervation been proſtituted—Effects have been recorded, whilſt cauſes have eſcaped notice. Hence the jumble—hence the chaos of medical compoſition.

The opinions of Hippocrates have been misconstrued, and his wise institutions subverted. When he entered on the study of medicine, he found so much to be done, and the field of improvement so large, that he declared it as his opinion, that it was impossible for any man to be thoroughly master of his profession who did not apply to it with unremitting ardor, and particular attention. "Philosophy, (says he) "has for its object the whole system of na-"ture, but medicine has for its object the "nature of man—his states of health and "disease." This was a judicious remark, but it gave rise to many errors.—For although Hippocrates himself expressly says, that "Philosophy should enter into medi-"cine, and medicine into Philosophy, "and that a physician who is a philoso-"pher, is equal to a God."* Yet when once the profession became distinct, and the medical character was no longer connected with that of a philosopher, the healing

* Libro de decenti Habitu.

art

art ceaſed to be a branch of phyſics, and fell into the hands of men whoſe intereſt it was (as it now is) to deceive mankind, and make a myſtery of the plaineſt truths. To this fatal ſeparation may be attributed the preſent fatality of diſeaſe. And however ſhocking to the feelings of humanity it may appear, there can be no doubt but that the death of thouſands, and tens of thouſands, muſt be attributed to this parent error.

The man who ventures beyond the limits of thoſe narrow prejudices which enſlave his profeſſion, never fails to meet the rancour of malevolence. But I will not complain. There are good and bad men in all ranks of ſociety. There are ſkillful and unſkillful perſons in all profeſſions. The good are not always happy, nor the ſkillful fortunate, in this world. They have, however, advantages peculiar to themſelves; they poſſeſs a conſciouſneſs of ſuperiority which the

wicked

wicked and the ignorant know not. In all the diſaſters of human life; in all the diſappointments of profeſſional purſuit, the good man and the ſkillful practitioner have the invaluable ſupport of ſelf-approved conduct; they are prepared to render an account of their actions, and ever ready *publicly* to confute and confound their enemies.

Virtus, repulſæ neſcia ſordidæ, in-
contaminatis, fulgit honoribus;
Nec ſumit, aut ponit ſecures,
Arbitrio popularis Auræ.

HOR. Lib. III. Od. 2. 17.

The ſingularity of my medical opinions will be partially ſeen in this work. And when it is conſidered, that to be ſingular on a ſubject in which all other writers are confeſſedly in error, argues, at leaſt, a poſſibility or chance of truth, the learned

reader

reader will candidly attend to the arguments which are here delivered, and diveſt himſelf of prejudice to any particular party, ſect, or ſyſtem.

The diſeaſe, of which I am now to treat, is the confeſſed *Opprobrium Medicorum*—Self experience, practical knowledge, and attention to the ſymptoms of this complaint, from the earlieſt period of my life, are the apology and the proofs on which I reſt the ſucceſs of the preſent inveſtigation.

I am an Arthritic, and the ſon of an Arthritic—I am intereſted in the cauſe which I have undertaken, and I labour to deſtroy a mortal enemy, the direful torments of whoſe deſtructive rage, the poet thus deſcribes :

" O Name, for ever ſad, abhorr'd of Heav'n,
" Parent of groans, from dark Cocytus ſprung,
" Immortal Gout! in gloomy Erebus,
" Whom e'rſt Megæra, dreadful fury, bore;
" And from her poiſon'd breaſts Alectho fed:
" What dæmon fraught with malice ſent thee forth

" To

" To rage o'er wretched earth and plague mankind ?
" If mortals for their crimes, committed here,
" Are doom'd to ſuffer in the realms below,
" Why offer Tantalus the eluſive wave ?
" Why torture poor Ixion with his wheel ?
" Or bid the wretched Siſyphus uproll
" The ſtill revolving ſtone ! conſign'd to thee,
" And to thy tendon racking pangs, the guilty
" Had mourn'd a heavier puniſhment." *

To leſſen this puniſhment is the buſineſs of a phyſician. But as he who is ignorant of a cauſe, can ſtand but a bad chance to remove its effect, it is neceſſary that we make ſome attempt to aſcertain the poſitive or proximate cauſe of Gout.—Any reference to the opinion of others is unneceſſary—the ideas which I have borrowed will be detected, and thoſe which are original obſerved.—As the principle of life has been miſunderſtood, it is no wonder that every morbid affection of that principle has been miſtaken.—To be conciſe and explicit, I will deliver my doctrine of diſeaſe in a few general phyſiological propoſitions ;

* Vide Lucian's Tragopodagra, by Francklin.

and

and ſuch of my readers as think a knowledge of cauſes neceſſary to explain effects, will attend to this enquiry. I ſubmit my opinions to the demonſtration of intelligent readers.

PHYSIOLOGICAL PROPOSITIONS, containing a Philoſophical View of the Cauſes of Life, Health, Diſeaſe, and Death.

PROPOSITION 1ſt.

LIFE is an adventitious property of matter, requiring the action of certain exciting, or capacitating powers to its maintenance and ſupport.

PROP. 2d.

*The capacitating powers * of life are, food, air, exerciſe, heat, light, animal fluids, ſe-*

* Vid. the Non-naturals of Galen, and Exciting Powers of Brown.

cretion, and excretion, ſenſation, reflection, and their conſequences, the affections and paſſions of the mind, all operating on the nervous ſyſtem, and producing the alternate ſtates of watchfulneſs and ſleep.

PROP. 3d.

The capability or aptitude for life, depends upon the due application of the capacitating powers.

PROP. 4th.

Health is the reſult of the due action of the capacitating powers.

PROP. 5th.

The prediſpoſition to diſeaſe, and diſeaſe itſelf, are the reſult of an undue action of the powers of health.

PROP.

PROP. 6th.

In diſeaſe the agents neceſſary for the ſupport of health, operate either with too ſtrong or too weak an energy.

PROP. 7th.

The capacitating powers of health, increaſed to a certain degree, cauſe ſthenic or inflammatory diſeaſe, and increaſed to a ſtill greater degree, cauſe aſthenic diſeaſe, or indirect debility, which may appear under a variety of forms.

PROP. 8th.

The powers of health abſtracted or decreaſed to a certain degree, cauſe direct aſthenic diſeaſe, or univerſal debility, which may likewiſe appear under a variety of forms.

Prop. 9th.

Every power causing idiopathic disease operates on the nervous system in a manner similar to the agents of health with a force above or below the natural standard, producing either direct, sthenic, or indirect disease, which state, according to degree, we term direct, sthenic, or indirect debility.

Prop. 10th.

That state of the human system which we term DEBILITY, *is the real cause of all the morbid phenomena of idiopathic disease.*

Prop. 11th.

There are three diversities of this debility, which constitute distinct idiopathic disease, and these are, the direct, sthenic, and indirect.

PROP. 12th.

The true ſthenic, or idiopathic inflammatory diſeaſe, is cured by an abſtraction or diminution of the capacitating powers, or ſtimuli of life.

PROP. 13th.

Idiopathic aſthenic diſeaſe is removed by the addition, or free uſe of the capacitating powers.

PROP. 14th.

Sthenic diſeaſe may become aſthenic, and vice versâ.

PROP. 15th.

Idiopathic diſeaſe may likewiſe be combined with local affection, and vice versâ.

PROP.

PROP. 16th

Death happens from the excess or defect of the capacitating powers, and can only be produced by bodies acting upon the capability in a manner similar to the capacitating powers, or by some local destruction of parts necessary to the conservation of the CAPABILITY *or general principle of life.*

THE

THE HISTORY OF THE GOUT.

TO give an exact and compleat history of the Gout, is a difficult matter. The experience of a Sydenham, and the systematic genius of a Cullen, have elucidated the subject; but cases frequently occur in which this disease assumes a form which different practitioners would characterize by different appellations: and the most

moſt profound phyſicians will confeſs, that they are yet unacquainted with the pathognomic marks of the diſeaſe. This remark indeed might, without injuſtice, be extended throughout noſology. But the digreſſion is here inadmiſſible. I have commented upon the mutability of diſeaſe in another place, and the reader will be inclined to forgive my want of copiouſneſs on this ſubject, when he is informed that phyſicians of the greateſt practice in the preſent age, are unable to determine upon the ſymptoms which characterize the moſt common complaints.—A profeſſor of Edinburgh aſſerts, that a pain of the right ſhoulder is a pathognomic ſign of an inflamed liver; whilſt a celebrated Phyſician of this metropolis affirms, that hiccough is the ſought-for ſymptom. The ſame profeſſor teaches that a diminution of the pulſe in continued fevers is a good ſign, whilſt the ſame Phyſician aſſerts, that it is always a bad one. Since Doctors diſagree, it will not be ſurpriſing that even in the ſhort hiſtory which I am to deliver, ſuch heterogeneous

ſymptoms

" rience has ſince confirmed its efficacy
" in theſe diſorders. I have myſelf fre-
" quently given it with remarkable ſuc-
" ceſs; and ſometimes increaſed the doſe
" as far as twenty grains every four hours,
" with two or three ſpoonfuls of muſk
" julep between: the julep is the only
" officinal preparation of it."* The Miſ-
tura Moſchata of the Pharmacopæia nova
Londinenſis is ſimilar to the julep with
the proportion of two ſcruples inſtead
of ſix grains of muſk, and the addition of
one dram of gum arabic, to ſix ounces of
roſe water. But theſe preparations I hold
to be very inefficacious. Water is not a
proper menſtruum for this active remedy.

VOLATILE ALKALI is a powerful diffuſible ſtimulus, poſſeſſing many properties which recommend it to arthritics. The volatile alkaline ſalts, and their ſolutions called ſpirits, prepared from different animal ſubſtances have been ſuppoſed capable of producing different effects upon the hu-

* Lewis's new Diſpenſ. p. 178, 9.

man body, and to receive ſpecific virtues from the ſubject. But modern practice and chemical experiments have proved their identity. In whatever form therefore the volatile alkali is given, we may expect from its uſe the ſame general effects. Experience has ſhewn its efficacy in a great variety of nervous diſeaſes, and there are inſtances on record where this remedy has removed obſtinate intermittent, and remittent fevers, where the bark has failed.

The SPIRITUS AMMONIÆ COMPOSITUS, or SPIRITUS VOLATILIS AROMATICUS, is one of the moſt grateful preparations of volatile alkali; a tea-ſpoonful in a glaſs of water is a pleaſant and powerful ſtomachic medicine in gouty caſes.

ÆTHER has been recommended in gouty complaints; it is of two kinds, vitriolic and nitrous. But I have not been able to diſcover any good effects from the former of theſe preparations in the regular gout. The latter I have not tried. In one caſe of

ſpaſmodic

ſpaſmodic difficulty of breathing, which reſembled a gouty dyſpnæa, I found the æther vitriolicus, in large doſes, of ſervice; but I am of opinion that it is much inferior to the volatile alkali, and it is not improbable that the acidity, however weak and ſubtile, may render it unfit for gouty ſtomachs.

ANTIMONIALS are among the moſt powerful remedies, which the ſcience of medicine can boaſt. They produce effects which philoſophy is puzzled to explain. They frequently remove the moſt dreadful maladies in the moſt expeditious manner; and they ſeem to operate as it were by a charm, on the moſt remote and important organs of life. The wanderings of intellect delirium, and the moſt alarming ſtages of febrile debility, fall within the compaſs of their operation: ſpaſms, convulſions, pain, are within the ſphere of their action; diſeaſes or debility of the animal, vital and natural functions, are within the ſcale of their power; and all their effects place

them among the moſt active ſtimuli, which diſcovery has yet applied to the living ſyſtem. Of their efficacy in the gout, we are to ſpeak more particularly. Evacuation, we have pronounced hurtful in every ſtage of this complaint; ſuch effects of antimonials are therefore to be guarded againſt; their tonic virtues are objects of our attention. We find in fevers that the morbid celerity of the pulſe is checked, and the idiopathic debility removed by their uſe without evacuating effects; hence analogy pleads in their favour. I am indebted to a very ingenious and learned friend for ſome important practical remarks on this ſubject. Dr. Palmer, Phyſician at Peterboro' attended me in my firſt gouty paroxyſm. The attack was irregular, my foot, lungs, and neck of the bladder were alternately affected; I had much fever and reſtleſsneſs; he gave ſmall doſes of an antimonial powder, (a ſubſtitute for James's powder) with the happieſt effects, and he informs me that in all caſes of irregular gout he finds this remedy efficacious.

ous. Until the ſeat of the fit is fixed he gives a ſmall doſe every three or four hours, which, without vomiting or purging the patient, leſſens the fever, and ſeems to ſhorten, or ſometimes to remove the paroxyſm. I muſt confeſs, however, that I have never been able to cure a regularly formed fit of the gout with any antimonial preparation ſingly, but if I am not miſtaken, I have ſeen its happy effects when conjoined with other remedies.

Opium, if we may believe a bold ſyſtematiſt, is the long ſought for panacea in the gout, and a long liſt of dreadful maladies. It is undoubtedly a remedy of great powers, and has effects which ſtrongly recommend it to the attention of arthritics, but it has properties which alarm the patient, and make the cautious practitioner afraid of its uſe. Experience, however, informs us that it may be given in conſiderable doſes with advantage. And the ſame experience ſhews that danger may ariſe from the adminiſtration of this remedy,

even

even in caſes where theory and practical analogy pleaded in its favor. The qualities of opium ſeem to require chymical illuſtration; it is a compound concrete milky juice collected from the poppy, and as the beſt ſort is brought to us from Egypt, Perſia, and other hot countries, it would ſeem that a conſiderable degree of heat is neceſſary to produce it in a ſtate of perfection. The chymiſts have related their experiments upon this concrete juice, but they do not appear to be determined upon the nature of its active principles, nor have their labors been ſufficiently attended to by practitioners. Water is ſaid to be its proper menſtruum, yet wine is preferred in the diſpenſatories. From ſeveral experiments which I have made upon the ſubject, I am inclined to believe that as this ſubſtance in its medical effects reſembles the Peruvian bark, ſo in its chemical qualities it bears the ſame affinity. An active bitter reſin, and an aſtringent gum ſeem to conſtitute its principles. A cold watery infuſion of opium, joined with ſome warm aromatic,

appears

appears to me the beſt method of obtaining its pure anodyne effects, without danger of thoſe noxious and alarming conſequences, which frequently oppreſs the patient under the forms of head-ach, ſickneſs, and bilious vomitings, &c. when given in ſubſtance or ſpirituous tincture. With reſpect to the uſe of this remedy in the gout, there can be no doubt that it is often highly uſeful; and whenever the pain is ſo ſevere, as to prevent ſleep, it is neceſſary and proper to procure it with this remedy. But I would prefer the watery infuſion to any other mode; a grain of opium infuſed in an ounce of weak cinnamon water and the infuſion may be taken in divided doſes, ſo as to procure reſt, or it may be conjoined with muſk in ſubſtance, and a draught with ſome of the volatile tincture of guiacum given after it. The doſe of opium will be regulated by the ſkill of the phyſician, ſmall doſes frequently repeated, ſeem preferable to large ones. One great inconvenience ariſing from its uſe is coſtiveneſs. Unleſs this be guarded againſt, the diſtreſ-

ſing

ſing ſymptoms of a gouty paroxyſm will be aggravated by the adminiſtration of opiates.

HYOSCYAMUS or Henbane appears as an anodyne, to be preferable to opium; I have frequently given a grain or more of the extract merely with a view of procuring reſt, in thoſe complaints where Opiates are uſually given, and I have obſerved the beſt effects from its uſe. Neither coſtiveneſs, ſickneſs, head-ach, or any of thoſe other diſtreſſing ſymptoms, which often enſue a doſe of opium, are amongſt the common effects of henbane. But unfortunately this remedy has been rejected at the College; when that learned body ſhall think proper to give it a PUBLIC examination, perhaps it may be more fortunate.

ELECTRICITY, In treating of the theory of the gout, we endeavoured to ſhew that it was a diſeaſe, which from analogy, ſeemed to require the uſe of ſtrong ſtimulants to its cure. We compared it from a general

general view of the ſymptoms to a febrile paroxyſm of the intermittent or remittent type; and we have endeavoured to prove that the *debility* of the living ſolid, which is the cauſe of the ſymptoms, is to be removed by the proper uſe of *ſtimulan t*remedies. Electricity is one of the moſt powerful of this claſs; and, as a power capable of a diverſity of effects, deſerves our ſerious conſideration. An inſulated living animal charged with the electric fluid, is found to be in a ſtimulated ſtate. The circulation is quickened, and the action of every part increaſed. On the ſudden eſcape of this ſubtile fluid from any part of an animal body thus inſulated, on the approach of a non-electric, or negatively electrified body, a peculiar ſhock or ſtimulus is felt in the part; and thus the ſtimulant effects of electricity may be locally as well as univerſally applied. This remedy is of great uſe in many local complaints. Applied in ſhocks, or taken from an inſulated animal in ſparks, it is found a pow-

erful means of reſtoring the loſt tone or action of a part. With this view I would recommend it to the attention of arthritics; and I am of opinion that the regular gouty paroxyſm might be ſafely relieved by its application. If the patient were laid upon an inſulated couch, and had gentle ſparks drawn from the inflamed part, or merely made to feel the electric *aura* by means of a pencil or ſharp pointed ſubſtance held at a diſtance from the inflamed ſurface, I am perſuaded, that it would be found of real uſe in reſtoring the loſt tone of the part.

In thoſe caſes where the lameneſs continues, though the pain and ſwelling have abated, it has been tried with ſucceſs, and as the ſame cauſe only in a more violent degree, gives riſe to the aggravated ſymptoms, philoſophical argument would ſeem to countenance this conjecture.

I ſhall

I ſhall here conclude my obſervations and advice to gouty perſons. Repeated experience, ſince the firſt publication of this work, confirms me in the opinion, that in a given number of fits of the gout and ague, an equal proportion of the former, by the means I have recommended, may be cured. As the remedies and treatment, which are here preſcribed, are now almoſt univerſally adopted, and as I have received the moſt flattering marks of approbation of the practical remarks of this eſſay from phyſicians of eminence, in various parts of this iſland, and the continent, where this little work has been honoured with much attention, I ſhall be happy to find that the theory of the gout, which I have ventured to propoſe, is elucidated by the enquiries of medical philoſophers.

Gower Street,
May 25th, 1791.

FINIS.

ERRATA.

Page 45, *read* Eggs commonly agree well
47, *for* accompanies, *read* accompany
59, *for* quanity, *read* quantity
85, *for* earthly, *read* earthy
90—91, *insert* ÆTHER, when properly prepared, is not an acid liquor, but as it is found in the ſhops it commonly contains an exceſs of acid which renders it unfit for gouty ſtomachs. A marine æther is now prepared, but its medical effects are unknown.
91, *after* intellect, *a comma*
95, *read* may be infuſed, *&c.* and the infuſion taken.

ſymptoms may be mentioned, as ſhall incline the reader to ſuppoſe that my text has been overlooked, and that I am prating without a knowledge of my ſubject. But he who has laboured under ſevere attacks of the Gout, will have no difficulty in tracing the features of his old enemy in the following deſcription, and though he ſhall vary like Proteus, he will recognize his actions under every type.

Various and acrimonious are the diſputes which have ariſen on the tenure by which we Arthritics poſſeſs our enviable poſſeſſions. Hereditary right has been denied us; * and perſons without pretending to this claim, have frequently poſſeſſed a large ſhare of our privileges. One circumſtance, however, is pretty well aſcertained.—The ladies ſeldom inherit this patrimony. They do indeed ſometimes poſſeſs themſelves of it; but the moſt learned in medical juriſprudence agree, that gouty poſſeſſions can

* Vid. Cadogan's Treatiſe.

only be entailed on the male branches of the family. In proportion as the females approach to the habits of men, they acquire an aptitude, or to ſpeak in the language of phyſic, they become prediſpoſed to the Gout. But it is remarked, that the female deſcendants of a gouty family, are commonly favoured with Pandora's bleſſings in ſome other peculiar form.—The ſtone and gravel, ſcrophula, hyſteria, or violent nervous affections, are their wonted inheritance.—The females liable to the Gout, are thoſe of the more robuſt and full habits, whoſe menſtrual evacuations are more abundant than uſual. Eunuchs are ſaid to be ſeldom attacked with this diſeaſe, but indolence and full diet will give the prediſpoſition in robuſt habits.

Some writers have obſerved, that the Gout particularly attacks men of large heads, full corpulent habits, and thoſe whoſe ſkins are covered with a thick *rete mucoſum*, which occaſions a coarſe ſurface.—The Gout varies conſiderably in its firſt attacks.

They

They are ſeldom frequent till after the age of five-and-thirty. But I have ſeen ſeveral inſtances of ſevere paroxyſms in boys of ten or twelve years of age.

A paroxyſm or fit of the Gout, according to the common acceptation of the term, is an inflammatory affection of ſome of the joints, attended with other peculiar ſymptoms. This inflammation ſometimes comes on ſuddenly, without any warning; but it is more often preceded by ſeveral ſymptoms. —An unuſual coldneſs, numbneſs, or ſenſe of weight in the limb, frequent cramps of the muſcles of the legs, an unuſual turgeſence of the veins, and a ſort of prickling pain ſtriking down the whole of the lower extremities, with the ceſſation of the ordinary ſweating of the feet, when they are affected, take place.

Previous to theſe ſymptoms of the local-affection, the whole body is commonly affected with ſome degree of torpor and langour; the patient complains of laſſitude,

loſs of appetite, flatulency and nauſea, prickling pains in the ſtomach or bowels, and head-ach, relieved by a diſcharge of wind, with coſtiveneſs, purging, or other marks of diſorder in the functions of the ſtomach. Theſe ſymptoms frequently continue for ſeveral days, or a week or two before the ſymptoms which conſtitute a real paroxyſm, come on.

The attacks of a fit of the Gout are ſometimes felt firſt in the evening, but it often happens that it commences ſuddenly about two or three o'clock in the morning. The firſt joint or ball of the great toe, is commonly the part firſt affected; but ſometimes other parts of the foot are primarily affected, and as the paroxyſm advances, the affection communicates to the inſtep, ancle, whole of the foot, and leg itſelf.

With the commencement of the pain, there is generally ſome degree of rigor or cold ſhiverings, which goes off upon the increaſe of pain, and is ſucceeded by heat,

thirſt,

thirſt, and more or leſs diſorder in the natural, animal, or vital functions.

The ſymptoms of a gouty paroxyſm bear a great reſemblance to the attacks of fever; and if this affinity had been pointed out and inſiſted upon by phyſicians, we ſhould probably long ſince have been poſſeſſed of a much more efficacious treatment in this complaint. The incipient paroxyſm ſometimes reſembles a continued fever, but more commonly the remittent, or intermittent type.

The pain becomes by degrees more violent from the firſt attack, and continues commonly in this ſtate with great reſtleſsneſs and uneaſineſs of the whole body, 'till next midnight, after which it is obſerved to remit. In twenty-four hours from the commencement of the firſt attack, it commonly ceaſes, and on the coming on of a gentle ſweat, the patient gets a little ſleep; the pained part is now conſiderably inflamed, and ſomewhat ſwelled.

The

The pain, or as it may be properly termed, the gouty paroxyſm, recurs in the evening, and with the fever, commonly continues with more or leſs violence till the morning. Such at leaſt is the common progreſs of the diſorder. And as the unhappy patient is taught to believe that his complaint is beyond the power of phyſic, the gouty paroxyſm is commonly ſuffered to repeat its nocturnal attacks for a conſiderable length of time. The Hippocratic maxim that nature alone can cure all diſeaſes, has been ſo univerſally received by medical practitioners, and gouty patients in particular, that patience and flannel are the only preſcriptions which the firſt phyſicians of this age dare venture to order in this dreadful malady.

But I here maintain, to the honour of medicine, and in oppoſition to the received opinions of my profeſſion, that a gouty paroxyſm is as much within the compaſs of medical abilites, and as truly curable, as any other febrile paroxyſm whatever. The

affinity

affinity juſt pointed out betwixt a remittent, or intemittent fever and the gout, firſt lead me to this concluſion, and the experience of private practice confirms the opinion beyond all doubt. In what this practice conſiſts will make an important part of this work. At preſent I am to purſue Podagra thro' her Protean type, and when we have viewed the varied forms of attack, we ſhall ſketch out a plan of operations; and according to the ſucceſs of our enterprize, I ſhall deſire to be judged.

It is ſaid that " when the diſeaſe after having remained for ſometime in a joint " ceaſes very entirely, it generally leaves " the perſon in very perfect health, enjoying " greater eaſe, and alacrity in the functions " of both body and mind, than he had " for a long time before experienced."* But the truth of this remark is limited, and the obſervation ſavours of a vulgar error. For I appeal to thoſe who have laboured under any ſevere attacks of the diſeaſe,

* Cullen ccccLXXIV.

whether

whether or not they feel in perfect health on the ceſſation of pain. For my own part I can affirm, that my function of body and mind have been conſiderably impaired for a length of time after a ſevere gouty paroxyſm. And experience inclines me to believe that this is commonly the caſe. It is true, indeed, that when a patient has laboured for a conſiderable time under thoſe varieties of gout which we are about to mention, or been idiopathically indiſpoſed previous to the attack of podagra or gouty inflammation of the foot, he will on the recovery from the paroxyſm, feel much livelier, and better than he did before;—the diſeaſed action being removed from the ſtomach, and vital parts to the extremities, on its diſappearance from which health enſues. Thus is the remark partially true, but generally falſe.

At the beginning of the diſeaſe the returns of it are ſeldom frequent; once in two, three, or four years; but after it advances

vances, the intervals become ſhorter, and at length the attacks are annual, or ſometimes twice a year. Afterwards they recur ſeveral times during the courſe of autumn, winter, and ſpring. As the fits are very frequent, the length of the paroxyſms is increaſed, and in the advanced ſtate of the diſeaſe, the patient is ſeldom free from ſome gouty torment. The ſummer months afford him ſome relief, but much depends upon management.

In the progreſs of the diſeaſe ſeveral circumſtances ariſe which deſerve attention. At firſt one foot only is commonly affected; then both; and afterwards the morbid affection alternates, or changes its mode of attack. After the feet, * the hands, knees, elbows, wriſts, or other parts of the upper and lower extremities become affected, and there are few joints of the body which eſcape without more or leſs of gouty action.

* According to the part affected, the complaint, in medical language, is termed Podagra, Chiragra, Gonagra, &c.

In this manner is the diſeaſe protracted for a great length of time, till nature, worn out by the ſeverity of affliction, acquires a degree of inſenſibility, which proves a happy addition to the anodynes of patience and flannel.

When the paroxyſms have become very frequent, the pains are generally leſs violent, but the patient labours under the diſtreſſing ſymptoms of irregular Gout, as ſickneſs, loſs of appetite, &c.

And after the attacks have recurred very often, chalk-ſtones, or concretions of a friable earthy ſubſtance are formed upon the outſide of the joints, and for the moſt part immediately under the ſkin, which, in ſome caſes, entirely deſtroy the motion of the joints, and cauſe ulcerated ſores. In length of time likewiſe nephritic complaints ſupervene, and fits of the ſtone and gravel ſometimes alternate with thoſe of the Gout.

The

The deſcription here given, will ſuffice to characteriſe the *regular Gout*, in whatever form it may appear. For the locality of the diſeaſed action ſeems to form no ſpecific difference, when the inflammatory affection is external.

Dr. Cullen has deſcribed the irregular Gout as it appears under three different ſtates, which he names the *Atonic*, the *Retrocedent*, and the *Miſplaced* Gout. And he obſerves, that as "we ſuppoſe the diſeaſe "to depend always upon a certain diatheſis "or diſpoſition of the ſyſtem; ſo every ap-"pearance which we can perceive to de-"pend upon that ſame diſpoſition, we ſtill "conſider as a ſymptom, and caſe of the "Gout." * In the courſe of this work we ſhall endeavour to ſhew that if practitioners had attended to this obſervation, and reaſoned in medicine, as philoſophers do in philoſophy, they would have attempted the cure of the Gout upon a very different plan

* Cullen's firſt lines. ccccLXXI.

from what has been univerſally preſcribed. —There are few phyſicians who cannot remove the Gout from the ſtomach, and yet there are few who think it practicable to remove it from the foot.

But if all gouty ſymptoms, as Dr. Cullen affirms, depend upon the ſame diatheſis or diſpoſition; and I maintain with him that they do, ſurely it is philoſophical to ſay, that they are all to be cured upon the ſame plan; and as phyſicians are acquainted with the cure of one form, I affirm that the ſame cure under the directions hereafter to be given, is applicable to all the forms in which the Gout can poſſibly appear. This reaſoning muſt be admitted, or logic and philoſophy for ever ſeparated from medicine.

The ſymptoms of atonic Gout are chiefly affections of the ſtomach, as loſs of appetite, indigeſtion, ſickneſs, nauſea, vomiting, flatulency, acid eructations, and pains of the ſtomach, and abdomen. With theſe

diſorders

diſorders in the *primæ viæ*; ſometimes a coſtiveneſs, but more commonly a looſeneſs, with colic pains occurs. The patient is afflicted with great dejection of ſpirits, and other nervous ſymptoms. Palpitations, Faintings, aſthma, headachs, giddineſs, apoplectic, and paralytic affections, are likewiſe not unfrequent.

If any extreme part has been affected with gouty inflammation, which has ſuddenly diſappeared, and the ſymptoms we have deſcribed ſupervene (which is no uncommon caſe) the diſeaſe is named the *retrocedent* Gout. The miſplaced Gout is nothing more than the atonic variety;—it is neither deſcribed nor defined accurately by Dr. Cullen; and though he is willing to make it a diſtinct ſpecies, yet he confeſſes he never met with any caſes of it in his own practice, and that he finds no caſes of it diſtinctly marked by practical writers, except that of a pneumonic inflammation.

There

There are likewiſe two other caſes which the ſame author calls *tranſlated* Gout; the one of which is " an affection of the neck " of the bladder, producing pain, ſtrangu- " ary, and a catarrhus veſicæ, or a mucous " diſcharge from the bladder.—The other " is an affection of the inteſtinum rectum, " ſometimes of pain alone, ſometimes of " hæmorrhoidal ſymptoms.—Theſe mor- " bid affections ſometimes alternate, with " inflammation of the joints. But whe- " ther to refer thoſe affections to the retro- " cedent or the miſplaced Gout, Dr. Cullen " ſays, he will not preſume to determine," * Surely there can be no preſumption in the caſe, and if there was any utility, the matter would be eaſily ſettled.—When the inflammation has firſt attacked another part, and afterwards removes to the neck of the bladder or rectum, there can be no doubt of its being a retrocedent Gout, and when it primarily attacks theſe parts, it is the true atonic Gout, which is ſynonimous with the miſplaced.

* CCCCLXXXVIII.

Every

Every caſe of Gout therefore, may be properly comprehended under the three ſpecies or forms of regular, atonic, and retrocedent.—The two laſt are always miſplaced, and differ from the former, only in locality, not in eſſence.

The diagnoſis, or diſtinction of Gout from other diſeaſes, may be learned by obſerving the prediſpoſition and other parts of this hiſtory—the parts affected, the exciting cauſes, its recurrence, and connection with the whole ſyſtem, are likewiſe commonly ſufficient to diſtinguiſh it from the rheumatiſm, with which it is moſt likely to be confounded. And there is one circumſtance which deſerves to be noticed amongſt the diagnoſtic marks :—In acute rheumatiſm, the pain and fever continue, without abatement during the day.—In the Gout, as has been deſcribed, they commonly remit, or intermit, and recur in the evenings.

Thus

Thus much for the hiſtory.—I now proceed to deliver ſome truths, not commonly known, or ſufficiently attended to, and this I do in the following

AXIOMS RESPECTING THE GOUT.

1ſt.

THE exciting cauſes of the Gout are exceſs or defect of the capacitating powers of life.

2d.

A continued exceſs of food, conjoined to indolence, is the moſt common cauſe of a tendency or prediſpoſition to a gouty paroxyſm.

3d.

A real paroxyſm or fit of the Gout, may be cauſed by powers debilitating the conſtitution in a DIRECT *or* INDIRECT *manner.*

Sudden

4th.

Sudden exposure to cold when the body is overheated, weak liquors, acescent food, want of sleep, and violent evacuations, are instances of DIRECT *debility.*

5th.

Excess of heat, strong liquors, high seasoned food, violent passions, and venery, are examples of INDIRECT *debility.*

6th.

The direct and indirect causes of Gout, cannot operate by producing morbific matter, or a primary change upon the chemical contents of the animal fluids.

7th.

The change produced is of the living solid, and is a real DEBILITY, *weakness, or loss of*

 tone,

tone, of vigor, or of ſtrength, in the part affected.

8th.

The cauſes and cure of the Gout ſhew that it ſeldom or never puts on the form of STHENIC, *or actual* INFLAMMATORY *debility.*

9th.

A tendency or prediſpoſition to the Gout may be prevented by moderating the exceſs, or increaſing the defect of the capacitating powers, according to the nature of the threatened debility, whether it be direct, or indirect.

10th.

In the tendency to direct debility, an addition,—to indirect, an abſtraction of the capacitating powers, is required.

A pa-

11th.

A paroxyſm or fit of the Gout is to be cured by the ſame general means, under whatever form it may appear.

12th.

The removal or cure of a gouty paroxyſm, depends upon the free uſe of the capacitating powers, and ſuch medicines as are calculated to remove direct, or indirect debility.

THE Phyſiological Propoſitions, and theſe Axioms, contain all that I judge neceſſary to premiſe on the peculiarity of my medical opinions in general, and of the theory of the Gout in particular;—the former may ſerve to illuſtrate the latter; —and the latter to elucidate the following

PRACTICAL REMARKS,

OR ADVICE TO

GOUTY PEOPLE.

I SHALL divide theſe obſervations into two parts.

1ſt. On Regimen, or the proper management of the capacitating powers. And,

2dly. On Medicine, or the uſe of particular remedies.

In the phyſiological propoſitions I endeavoured to give a philoſophical view of the cauſes of Life, Health, Diſeaſe, and Death.

Death. The utility of ſuch enquiries will now appear.—I have maintained that the Gout is a diſeaſe, or morbid ſtate of the living principle, cauſed by an exceſs or defect of the very powers which ſupport life, and properly managed, produce health. Theſe powers I have named the Capacitating Powers of Life, as they capacitate the organization or living principle, to perform the phenomena of life.—And it is in this place that I am to remark upon their management as beſt adapted to Arthritics.—Theſe remarks may be conſidered as a demonſtration of the two firſt propoſitions.

That life is an acquired or adventitious property of matter, is evident from the contingencies neceſſary to its ſupport. The unorganized part of matter continues the ſame unchanged maſs for years. And although life is perhaps extended farther than diſcovery has yet reached, we are undoubtedly ſurrounded by objects which have no properties of animated nature. The various claſſes, orders, genera, and ſpecies of

foſſils,

foſſils, continue the ſame ſtate of exiſtence by the principles of attraction and coheſion, whilſt animal and vegetable life are deſtroyed by accidents, which cauſe only a bare ſeparation, or diviſion of parts, in the mineral kingdom. The limits of creation, it is true, are not marked by ſuch nice bounds as the naturaliſt would deſcribe.—The powers of nature are uncontrolled, and the properties of life are variouſly modified. But wherever we are able to diſtinguiſh a living principle, we obſerve the neceſſity of certain conditions to its bare exiſtence. Not to extend our obſervations at preſent to the various claſſes of animated and vegetable bodies, but to confine ourſelves to a few remarks on the manner in which the life of our own ſpecies is preſerved, we ſhall find an ample demonſtration of our propoſition.—Not only meat and drink, but air and exerciſe, are abſolutely neceſſary for our ſupport.—Without a daily ſupply of food the body is weakened, and cannot long exiſt; deprived of air, we inſtantaneouſly expire; when we ceaſe to breathe, we ceaſe to live;

without

without exercise, by which is to be understood all the various modifications of it, as motion, thought, and all the lesser exertions and actions, we cannot continue life. And however great the luxury of ease and repose may be, a state of exertion is highly necessary to the existence as well as the enjoyment of life.—Confine a man to his seat, and disease ensues; deprive him of the power of motion, and death indubitably happens.

The experiment is perhaps impossible, but if we may reason by induction, there seems to be no doubt, that a man bound in such a situation, as to be incapable of using any muscle, would soon expire, even though he was regularly supplied with food; the very digestion of which is not performed without muscular motion, as the peristaltic motion of the intestinal canal evinces. These considerations, therefore shew, that life is not an inherent, self-creating principle, but an adventitious property of matter,

dependant

dependant on the actions of other bodies for its very existence.

FOOD, is one of the capacitating powers which deserves to be first considered. The Philosopher, the Physician, and the Arthritic, are equally interested in an enquiry into its effects. From the earliest period of medicine, practitioners have paid attention to its nature, and endeavoured to ascertain its specific properties. But false theory has influenced their researches, and instead of practical discovery, we find little more than vague conjecture, frivolous experiment, and useless speculation in the medical writings, ancient or modern, upon this subject.

HIPPOCRATES, it is true, has paid great attention to the nature, qualities, and effects of food;—he has left three books expressly περι Διαίτης, one περι Διαιτης υγιεινῆς, and another, περι Διαιτης ὀξέων. He has likewise touched upon the subject in his Aphorisms, and other parts of his works; but the doctrines of *hot*, *cold*, *dry*, and *moist*, have

so

ſo perplexed his writings, that we can gather little medical information from his reſearches. His remarks however, muſt be viewed as thoſe of a great genius and diligent obſerver.—He has given a very enlarged view of the different kinds of food uſed in his time. And the antiquary and phyſician will find equal amuſement in the ſecond book περὶ Διαιτῆς. In addition to the common viands of beef, veal, mutton, lamb, pork, &c. the ancient inhabitants of Greece uſed the fleſh of horſes, aſſes, dogs, and foxes. They likewiſe ate ſeveral ſpecies of fiſh, and marine animals, no longer admitted into our bills of fare. Their vegetables were very numerous, and they had wine of different ſorts, which the father of phyſic frequently preſcribed to the ſick. He has left ſome judicious obſervations upon this ſubject, which have been ſtrangely overlooked.

The obſervations of many of the ancients were directed to diſcover ſpecifics in diet, as well as medicine. Hence the par-

ticular parts of animals, or ſingularly ſhaped vegetables, were not unfrequently ſuppoſed to be endued with medicinal virtues, and preſcribed as proper food for the ſick, from the reſemblance they bore to the part affected. The kidnies or livers of animals were preſcribed in diſorders of the liver or urinary paſſages, &c. And among the vegetables, we have liver-wort, heart-wort, &c.

The preſent age gives no countenance to ſuch doctrines; but the errors of modern opinion are probably not leſs abſurd. Many phyſicians maintain that vegetable diet is beſt ſuited to the nature of man; and they contend that it contains more real nouriſhment than that of animals. Buffon has thrown conſiderable light upon this ſubject, and is a powerful advocate for the oppoſite opinion. But, as if it was the fate of phyſic to quarrel with her parent philoſophy, and loſe the ſight of truth, the pen of oppoſition has lately been taken up by Andrew Sparrman, M. D. Profeſſor of Phyſic at Stockholm,

Stockholm, who has taken occaſion in an account of a voyage which he made to the Cape of Good-Hope, * to arraign this opinion.—But he has evidently miſtaken the argument; and though he may have detected the errors of a naturaliſt, he has not invalidated the opinion of the philoſopher.—M. Buffon's aſſertion ſeems to be founded in fact; and we agree with him, that "were man reduced to the neceſſity "of living on bread and vegetables alone, "he would ſcarcely be able to ſupport life "in a weak and languiſhing condition." A very little attention to the effects of diet in common life, will confirm this doctrine. And a mixture of vegetable and animal diet, is undoubtedly beſt adapted to the general ſtate of man.—His anatomical ſtructure confirms this opinion. To the Arthritic therefore it is neceſſary that the fact be known.—And, if I am right in the cauſe which I have aſſigned to all gouty

* Vid. Sparrman's Voyage to the Cape of Good-Hope. Vol. II. p. 227, &c.

phenomena, it follows that a ſtrict vegetable diet is generally prejudicial to the gouty habit; experience correſponds to this remark; and, however ſtrenuouſly the advocates of morbific matter may oppoſe the fact, I muſt caution my gouty patient to beware of falſe theory, and attend to his own feelings. Where a prediſpoſition to the Gout ariſes from exceſs of high living, as it is called, or an abuſe of the capacitating powers, a diet conſiſting chiefly of vegetables, and little or no fermented ſpirit, may correct the prediſpoſition, and prevent the paroxyſms; but under the preſſure of any gouty ſymptom, ſuch diet would be improper. If, therefore, an Arthritic is given to exceſs of eating or drinking, which is ſometimes the caſe, I would caution him againſt ſuch abuſe, and recommend him in the intervals of a fit, to prefer a vegetable diet; or, at leaſt, to intermix the uſe of vegetable, and animal food. But this muſt be done with caution, and the experiment made at a time when he is entirely free from every gouty ſymptom. Milk, is very properly

joined

joined to the uſe of a vegetable diet. But I have ſeldom found it agree with gouty habits. I ſhall not enter into a minute examination of the ſpecific properties of food, but ſum up my obſervations on this capacitating power, with a few general remarks.

In a fit of the Gout, it is abſolutely neceſſary for the patient to abſtain from every kind of raw vegetable, and confine himſelf principally to an animal diet. Where ſolid food cannot be taken, broths are proper, and eggs raw or boiled, agree very well. Bread, and flour puddings, may be allowed; but ſhould not make the principal part of a meal, when more ſtrengthening diet can be taken. All the common culinary vegetables, as cabbage, ſpinage, broccoli, turnips, carrots, or potatoes, &c. ought to be abſtained from. The latter ſeem to approach the neareſt to animal food, and do not always diſagree with gouty habits, but they ſhould be uſed cautiouſly.—The warm, pungent aromatic vegetables, which enter into our culinary liſt, as condiments,

or

or ſeaſonings, are very uſeful, and may be uſed freely. Muſtard, pepper, ginger, nutmegs, cloves, &c. aſſiſt the powers of digeſtion, and invigorate the *primæ viæ*, when taken in proper quantities. Common ſalt * is likewiſe a powerful, and uſeful ſtimulus to the organs of digeſtion, whoſe functions are apt to be impaired in every caſe of Gout. *Acids* of all kinds ſhould be avoided. The uſe of pickles prepared in vinegar, is conſequently hurtful. The common beverage in and out of a fit, ſhould be nearly the ſame. A weak mixture of ſpirits and water, generally agrees the beſt with gouty people; but wine and water, or malt liquor, are very proper, where they do not produce flatulency or oppreſſion of wind; and wine alone may be uſed; but ſome preference is to be given to the nature of the ſpirit, and the ſort of wine. Brandy is generally preferable to rum; and where the flavour of geneva is not diſliked, it commonly agrees

* Vid. My Eſſay on Sea Bathing.

very

very well, and proves a good *carminative*. Good old port agrees with Engliſh conſtitutions better than meagre wines; but in a gouty paroxyſm, I find Madeira, ſherry, or good Liſbon, preferable to the red wines. Aſtringent liquors increaſe the thirſt, and clamminess of the mouth, which accompanies fever; and weak acid wines debilitate the ſtomach. Claret, Burgundy, red and white Champaign, or other French, Rheniſh, or Spaniſh wines, are either improper, or inferior to Port. Great caution is neceſſary on the part of the ſick, not to overload the ſtomach with too large quantities of either ſolids or fluids. A phyſician may point out the kind, but the patient muſt determine the quantity. More is to be feared from exceſs than defect in this particular. A gouty perſon ſhould never overload the ſtomach. In a fit, the ſtomach ſhould never be ſuffered to be long empty. I would adviſe all Arthritics to attend particularly to this circumſtance, and take a ſmall quantity of food, every three or four hours; even a cruſt of bread now and then, is

uſeful.

uſeful. The quantity, as well as the quality of the food, ſhould be attended to, by the patient. Although he ſhould not ſuffer his ſtomach to be long empty, yet he ſhould be careful to take but little at a time. Dinner, ſhould be his principal meal; and his hour of dining ſhould be ſo contrived, that he may uſe exerciſe before and after eating.

The habit of ſitting ſtill, from dinner to ſupper, is highly prejudicial. Gentle exerciſe promotes digeſtion; it is therefore ſalutary after dinner; but the more violent kinds of exerciſe impede the digeſtive organs, and are only to be uſed in the morning, or with an unloaded ſtomach. To conclude this article, we may obſerve, that in a gouty paroxyſm, the diet ought generally to be of a much more ſtimulant nature, than in the intervals of a fit.

Air, is one of thoſe capacitating powers, which is ſo neceſſary to our very exiſtence, that

that we cannot bear its ſuſpenſion even for a few moments, without the moſt imminent danger. Late experiments have thrown conſiderable light upon the nature of reſpiration. Philoſophers are of opinion that ſomething noxious to the living ſyſtem is thrown out of the body by this proceſs. Dr. Prieſtly thinks this noxious matter is *phlogiſton*; Dr. Crawford has adopted the ſame idea, and attempted to prove that ſomething is likewiſe taken into the ſyſtem as well as thrown out. He has very ingenioufly endeavoured to prove that the matter of heat is received from the air in the lungs;—hence he makes reſpiration the fountain of animal heat; and it muſt be admitted, that many facts confirm this philoſophic theory. Air is to man, what water is to fiſhes. The fluid which we breathe is a particular ſpecies of air;—probably the moſt abundant, and, 'till lately, ſuppoſed, the only inviſible, permanently elaſtic fluid. The atmoſphere, or general volume of air which ſurrounds our globe, is abundant in almoſt every other kind of air, and may

be viewed as a menſtruum, which contains chemically, or mechanically diſſolved, various heterogeneous bodies. The vapours, indeed, with which it is impregnated, may be conſidered as compound ſolutions of all the bodies in nature. Hence it is worthy of obſervation, that the common air which we breathe, will conſtantly partake more or leſs of the local ſituation where we live. Its ſalubrity depends upon a variety of circumſtances. Its temperature will form one of its primary characteriſtics. Heat, ſo far as it tends to promote ſolution, will affect the menſtruum, and will likewiſe produce its own peculiar effects on the ſyſtem.

Theſe obſervations will ſuffice to convince Arthritics, that a pure atmoſphere is ſalutary to them, as well as to other perſons. They ought not to confine themſelves to cloſe, hot rooms; but in a fit, and out of it, conſtantly to accuſtom themſelves to breathe a pure, uncontaminated air.

Exercise will prove the beſt means of enjoying the advantages of the former power, and

and is the grand preſervative againſt the Gout. The different forms in which it may be uſed, are not neceſſary to be mentioned. Sydenham recommends riding on horſeback as a ſovereign remedy, but Walking, is perhaps, the beſt method of uſing exerciſe, when the feet are not affected. I never knew an Arthritic who was a great walker, that ſuffered much from the complaint. But I know many who uſe conſtant and violent exerciſe on horſeback, and in carriages, and yet are much afflicted with the Gout. It is here worthy of obſervation, that as the extremities are the parts moſt liable to be affected, particular attention ſhould be paid to their ſtate. The action of every part ſhould be properly excited; and if debility or loſs of tone in the muſcular fibre be the proximate cauſe of the Gout—whatever duly ſtimulates, and reſtores the loſt tone, will remove the debility, and conſequently the ſymptoms of gouty affection. Motion, therefore, is peculiarly adapted to this end. The joints of the extremities, as they are moſt liable to loſe their proper action, ought

frequently to be exercifed. I would advife Arthritics to attend to this remark, and accuftom themfelves to move the joints of the toes, fingers, wrifts, ancles, knees, elbows, &c. conftantly. This may be done by the moft fedentary perfons, and when the weather, or general ftate of the body prevents a better exercife, this falutary practice fhould not be neglected. I am even of opinion, that a flight inflammation of a joint may often fafely be removed by this means. The local affection, it is true, is generally a fymptom of the idiopathic, or general morbid ftate; but fuch fymptom may happen to be protracted by the ftate of the part, or an injured locality; which is probably the reafon why the gouty inflammation attacks one part, one foot, or one hand, for inftance, in preference to another; and in fuch cafes the part itfelf becomes an object of medical attention—to reftore its vigor, or remove its debility, is to remove the difeafe; local applications may therefore affift the general treatment; exercife of the part is perhaps the beft application

plication in many caſes. It is a cuſtom in the Eaſt Indies to have all the joints of the body frequently exerciſed; it is conſidered as conducive to health, and highly luxurious:—a perſon is employed to perform this office, and gently pinch or beat the arms, thighs, legs, and large muſcles. This gentle ſtimulus, thus univerſally applied, is ſaid to be highly grateful and ſalutary. It is continued ſo as to produce ſleep; and from this circumſtance, I would infer that Arthritics may expect relief from an adoption of the practice in this country. The effect of exerciſe is ſleep, and to a gouty man, ſuch effect is truly deſirable.

The uſe of a fleſh-bruſh is to be recommended on the ſame principle.

HEAT, and COLD, as different degrees of the ſame power, are properly treated of together, and equally deſerve the attention of Arthritics. A ſummary of the received opinions on this head, cannot fail of being intereſting to every man of ſcience. I ſhall, therefore, take the liberty of preſent-

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ing the reader with an extract from a former publication of mine on this ſubject.

" In reaſoning upon this ſubject, we muſt attend equally to the facts of chymiſtry and phyſiology.—By the former we learn, that cold is only the negation of heat. By the latter we know that the living body cannot exiſt without a certain proportion of this univerſal principle, which pervades all nature, and is the efficient cauſe of animation, vigor, and all the phenomena of life. The organized and unorganized parts of matter alike acknowledge the univerſality of heat: by its operation, order and uniformity in appearance is maintained: by its exceſs or defect, the mode of exiſtence is altered, and annihilation frequently enſues the ſlighteſt deviation in degree: ſolids become fluids, or *vice verſa:* vegetables and animals ceaſe to live in extremes of this grand agent of nature; but they have the ſingular property of retaining their natural temperature in very great exceſſes of heat or cold. The temperature

perature of the human body is afferted to be 97° of * Farenheit, and the degree of external heat fixed upon by philofophers, as the ftandard of health, is 64° of Farenheit. Every continued deviation from this ftandard is fuppofed to produce a morbid change on the human body. An excefs has been faid to act as ftimulant, and a defect as fedative. But great confufion has entered the arguments of phyficians on this fubject. Some have maintained, that heat being pofitive, and cold negative, the former muft have one uniform action, in oppofition to the latter; and as heat, in one inftance, is a pofitive ftimulus, fo in every inftance, whether above or below the ftandard, it is ftill a ftimulus, and muft produce, though in a leffer degree, the fame ftimulant effects;—others affirm, that heat below 64 or 60° of Farenheit, is always a fedative to the action of the living powers. But the difpute is of words, and the con-

* Vid. Gov. Ellis's Paper, Phil. Tranf. vol. iv. p. 755. et Mem. de l'Acad. année 1764.

cluſion is the ſame in both caſes. By a leſſer ſtimulus, the former mean what the latter intend by the word ſedative. Hence we find, that it is univerſally agreed among phyſicians, as well as philoſophers, that the properties of heat are ſtimulant." *

The application of this doctrine of Heat and Cold is, that in the Gout, as well as in every other morbid or healthy ſtate of the living fibre, a long continued exceſs or defect of either, is prejudicial to life; any permanent deviation from 64° of Farenheit, is therefore to be guarded againſt. It is neceſſary however to remark, that warm climates are found to agree better than cold ones with arthritics, which ſhews that they bear an exceſs better than a defect of the natural ſtandard. But this is not always the caſe. I have obſerved hot weather in this country to diſagree with gouty habits; and I have ſeen inſtances in which it was neceſſary for Arthritics to prevent the relax-

* Vid. Eſſay on Sea-Bathing, p. 47, &c.

ation

ation of hot weather, during the ſummer, by cold-bathing, and cool air from the ſea, or mountainous countries. I would therefore adviſe Arthritics, who can afford the expence of travelling, to paſs the cold months in a warm, and the hot months in a cool climate. The temperatureof the ſummer ſeaſon is ſeldom too warm in this kingdom; but it is often too cold for very gouty people. The ſouthern parts of France, and ſome parts of Italy, are recommended by phyſicians; but where the journey is inadmiſſible, I would adviſe attention to the changes of the ſeaſon in the climate where the Arthritic is compelled to reſide. Additional clothing is neceſſary to guard againſt the effects of cold; and an habitual expoſure to all ſeaſons in the intervals of a paroxyſm, when the weather will permit, is the ſureſt means of enſuring health.

LIGHT, as an effect of heat, deſerves to be mentioned; but it will be unneceſſary to enlarge on the ſubject here. In ſome countries the effects of light demand the

 particular

particular attention of phyſicians. In hot climates, as in the Eaſt and Weſt Indies, expoſure to the rays of the ſun, is productive of the moſt fatal diſeaſes. Authors relate that the Coup de Soleil produces phrenitis, fever, &c. *—Arthritics, as being very ſuſceptible of diſeaſed actions, ſhould therefore be cautious in avoiding the impreſſions of ſtrong light as independant of the heat with which it is conjoined, it has indubitably a very violent ſtimulant effect. I know ſeveral perſons on whom light acts as a ſternutatory; they cannot look at the ſun without being thrown into very violent ſneezing.

Animal Fluids. When gouty people recollect that the fluids are prepared from the food they uſe; and when they are informed that an exceſs or defect of the general maſs of fluids produces a general change on the ſolids, or moving powers of the living ſyſtem, which change, as far as

* Vid. Dr. Moſeley's Treatiſe on Tropical Diſeaſes.

it

it is a deviation from health, can be nothing more, than a debility or loſs of tone, or loſs of vigor, and as that debility appearing under the form of direct, or indirect, gives riſe to all the phenomena, or ſymptoms of Gout, it follows that the quanity of animal fluids becomes an object of their attention. To direct the regulation of the quantity, it is neceſſary that we ſay a word or two reſpecting the nature of

SECRETION and EXCRETION. It is not required that the Arthritic has ſtudied phyſic, to underſtand what it is his intereſt to know on this ſubject. Secretion and excretion are offices performed by different parts of the animal œconomy for ſalutary purpoſes. The firſt conſiſts in ſeparating what is uſeful; and the ſecond in throwing out, or ſeparating for the purpoſe of being thrown out, ſuch parts of the fluids, as if retained, would prove noxious to the living ſyſtem.

The former office we muſt leave to the direction of nature. The latter falls more immediately under our obſervation. Arthritics ſhould cautiouſly avoid any exceſs or defect of excretion, or the quantity of excreted matter thrown out of the body. They ſhould regulate with nice attention the ſtate of the organs of digeſtion, and take care that they are not impeded by the retention of uſeleſs fæces, nor debilitated by the haſty expulſion of what ought to be retained. Purging and coſtiveneſs are equally improper to gouty habits. The body ſhould be regularly kept open: and I have obſerved that a lax habit in the intervals of a paroxyſm, is often neceſſary. One, two, or three motions, daily, without purging, appear requiſite. The quantity of urine will generally be regulated by the quantity of liquids. Profuſe evacuations by ſweat ſhould be guarded againſt, and a proper perſpiration kept up by warm clothing and exerciſe.

Theſe are all the obſervations which appear to be neceſſary on the ſubjects of Animal Fluids, Secretion and Excretion, as objects of attention to Arthritics. We now proceed to treat of

Senſation, Reflection, and their Conſequences, the Affections and Paſſions of the Mind.

Medical metaphyſics may be conſidered as an unintereſting ſubject. Anatomy has diſplayed the wondrous fabrication of the organs of ſenſe, and phyſic has attempted to explain the phenomena of diſeaſe, from the direct influence of an intelligent immaterial ſpirit.—The ſyſtem of Staahl, was of this kind; But the principles of his doctrine are incompatible with medical or metaphyſical facts.—And medicine muſt in this, as in every other branch of her purſuits, have recourſe to philoſophy for an explanation of phenomena.

" Phyſic of Metaphyſic begs defence,
" And Metaphyſic calls for aid on Senſe."

POPE.

The

The reaſonings of Locke have elucidated the ſubject before us, and to him we are indebted for a ſyſtem of logic which exhibits a view of the inlets of knowledge, and the operations of the mind. But there is ſtill room for the pen of phyſic to arrange and elucidate the ſcience of ontology, for the purpoſes of medicine.—It is often in the power of medical practitioners to regulate the mental as well as the corporeal actions. As all our ideas are derived from ſenſation and reflection; and as our ideas themſelves ſympathize with the ſtate of the body, it is the buſineſs of a phyſician to regulate the inlets of knowledge, and by an attention to the organs of ſenſe, to prevent, as far as in his power lies, the ill effects of dangerous impreſſions, or to remove, if poſſible, the cauſes of every morbid, mental emotion. In acute diſeaſes, practitioners have obſerved the neceſſity of this attention, and by excluding the cauſes, have prevented the effects of hurtful ſenſations, and injurious reflections. In fever, the patient is kept from ſtrong light, and violent

noiſe.

noiſe. The organs of ſight and hearing are conſequently undiſturbed, and that combination of prejudicial ideas, which would have been the reſult of violent impreſſions, is prevented. In a paroxyſm of the Gout, the ſame practice is commonly adopted. But we ought not to reſt contented with an injunction of this kind during a paroxyſm. We ought to caution Arthritics from the improper admiſſion of any ideas which may be deſtructive to their health and happineſs. I could here adduce innumerable inſtances of violent protractions of gouty ſymptoms from ſuch a cauſe. All the paſſions of the mind appear to act on the ſame general principle. They operate like other capacitating powers by empowering the principle of vitality to perform its office, and produce its peculiar phenomena. —In exceſs or defect, they produce diſeaſe. Our attention therefore is properly directed to thoſe two morbid ſtates, and we muſt attempt to increaſe or diminiſh the effects, as occaſion requires.

When

When any paſſion, by whatever name it is called, whether Love or Sorrow, or Joy, &c. proves too violent, or arrives at that degree which produces diſeaſe, we muſt ſeek to leſſen its effects, and ſubſtitute a new ſtimulus. Medicines of the tonic claſs, may ſometimes be ſerviceable, and ſhould undoubtedly be employed in thoſe caſes, where nervous irritability lays the foundation of inordinate mental action; but commonly the moſt effectual remedy will be a different paſſion or affection of the mind, which places the ideas in a new train. —Thus, when love ſinks into contempt or hatred, its morbid effects ceaſe.—If Joy is exceſſive, and threatens danger, mingle it with grief or ſorrow, and its bad ſymptoms diſappear.—If the mind is oppreſſed with deſpair, call in the aſſiſtance of hope, and every gloomy affection will give way. —By thus tempering the paſſions, we have it often in our power to regulate the reflections, affections, and moral conduct of our fellow-creatures.

After

After having obſerved that Arthritics ſhould cautiouſly abſtain from the improper uſe of any of the paſſions, it may appear unneceſſary to particularize; one remark however is neceſſary to be made. Venery is ſingularly productive of gouty ſymptoms. I have known ſeveral ſevere fits from this exciting cauſe; and ſo evident was the connection of the cauſe and effect, that the patient himſelf, has often made the obſervation. A very particular friend of mine, who is a very ſtrong man, but of a gouty diatheſis, aſſured me, that a very ſmart fit, from which he is now recovering, was, in his own opinion, brought on by this cauſe; and he recollects the ſame thing to have happened before.

As all violent emotions of the mind, whether accompanied with corporeal exertions, or otherwiſe, are improper for gouty perſons, ſo it is neceſſary here to obſerve, that intenſe application to buſineſs or ſtudy, ſhould be guarded againſt, and ſuch employments as oblige the pa-

tient to lead a ſedentary life, ſhould likewiſe, as far as poſſible, be avoided.

Having thus gone through the remarks I propoſed to make on the proper uſe of thoſe powers which, improperly uſed, I maintain to be the ſole cauſes of every form of Gout; I ſhall take my leave of this part of my work, with a few obſervations on the two ſtates, under which the principle of life muſt always appear—viz.

WATCHFULNESS and SLEEP. Every living body muſt always be either awake or aſleep. In the inſtances of ſuſpended animation, the body may be viewed as in the latter ſtate. The phenomena of returning life ſhew no ſpecific difference in the two ſtates. The duration and alternation of theſe forms of life, therefore deſerve the attention of Arthritics. Man cannot exiſt in a ſtate of health, without his ſhare of ſleep. The moſt active mind joined to the moſt vigorous body, muſt conſent to a periodical annihilation. Labour muſt be

ſucceeded

ſucceeded by reſt, and ſlumbers will enſue the exerciſe of the brighteſt mental, or corporeal faculties. Arbitrarily to fix the portion of ſleep, and preſcribe the limits of thoſe two ſtates of non-entity, and activity, to which all human beings are ſubject, would be an arduous attempt without a probability of good. The gouty man ſhould not ſuffer any part of his body to be long in a ſtate of inactivity. Conſequently the indulgence of much ſleep is improper, and an exceſs of watchfulneſs is preferable. The hours of ſleep ſhould, in our own climate, be confined to the night; but in hot countries the heat of the day demands the ceſſation of all exerciſe, and inclines the body to reſt. The cuſtom of ſleeping after dinner, ſhould be avoided, unleſs in thoſe caſes where from pain or incidental irregularities, the uſual ſhare of ſleep has been denied during the night. I ſhall cloſe my obſervations on this head with an old Engliſh adage,

"Early to bed, and early to riſe,
"Makes a man healthy, wealthy and wiſe."

Here I conclude the firſt part of my advice on the REGIMEN of Arthritics, and proceed to my ſecond general obſervation ON MEDICINE, or the uſe of particular remedies.

By a proper management of the capacitating powers, the diſeaſe itſelf may be avoided. But when it is preſent in a violent form, relief is to be ſought from medicine. And I have ventured to aſſert, that the Gout is a curable diſeaſe. The removal of a paroxyſm or fit, is as much within the province of a phyſician, as the removal of any other paroxyſm or fit whatever. The miſtaken prejudices of mankind long prevented the ſpeedy cure of intermittents. And the doctrine of morbific matter ſtill prevails to the excluſion of a curative attempt in the Gout. But I will reſt my argument on incontrovertible principles. I argue from analogy and experience. Sydenham himſelf admits the mode of reaſoning which I adopt; and although his falſe theory prevented the uſe he might otherwiſe have made of his ſagacious obſervations

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on the nature of diſeaſe, yet he expreſſly admits the analogy of an intermittent and gouty paroxyſm in the following words:

" Quod et in febrium intermittentium
" paroxyſmis uſu venit, quas ob eamdem
" cauſſam remediis non appugnamus, niſi
" æſtu prius conſopito. Nec abſurdius
" quis in exſtinguendis harum febrium ca-
" lore ſcilicet, ſiti, inquietudine, aliiſque
" ſymptomatis anxie operam locaverit,
" quam exiſtimaverit alius ſe podagram
" ſanare, cum in podagræ ſymptomatis
" tantum coercendis laboret: quam tantum
" hoc tempore a curatione morbi abſcedat,
" ut eamdem aliquatenus impediat ac remo-
" retur. Quanto enim magis ægri dolores
" lenit, tanto magis humorum concoctioni
" adverſatur; quantoque claudicationem
" arcet, tanto materiæ morbificæ expul-
" ſioni officit." *

Now, as the improved experience of the preſent age informs us that an intermittent

* Sydenhami Tract. De Podagra, p. 471.

paroxyſm

paroxyſm may be ſafely cured at the onſet, and as the doctrine of blocking up morbific matter in the ague, is nearly exploded, and no longer prevents the free uſe of bark, and other tonics adapted to the cure of the complaint, let us attend to the facts we have acquired, and derive the benefit of diſcovery by analogical application. If we can find a remedy for the Gout, equivalent in effect to the uſe of bark in intermittents, let us not be afraid of blocking up what does not exiſt, or of counteracting, when we have it in our power, to aid the efforts of nature.

To enumerate all the remedies which have been tried in this complaint, would be an uſeleſs and laborious taſk. Their number and inefficacy are finely deſcribed in the following lines:

——————" Since man
Was firſt created, hath he raſhly ſtrove,
But ſtrove in vain, with ev'ry fruitleſs art
To check my conqueſt, and elude my power.

Whilſt

Whilſt ſome their plantane, and their ſmallage bring,
Lettuce, or purſlane, horehound, nettles ſharp,
Fen-gather'd lentiles, or the Perſian weed,
Leeks, ſcallions, poppies, hen-bane, or the rind
Of ripe pomgranate, frankincenſe, and fleawort,
The root of potent hellebore, or nitre;
Some ſteep'd in wine, the huſks of beans preſcribe,
Or ſpawn of frogs, a ſovereign cataplaſm,
Carrot or pimpernel, or barley flour,
Or gall of cypreſs tree, the healing dung
Of Mountain goat, or ſtill more fetid man.
Colewort, or gypſum, or the well-ground ſand
Of * Aſia's pow'rful ſtone, with bean flour mix'd.
Others, ſagacious tribe, call in the aid
Of weaſels, toads, hyænas, ruddocks, ſtags,

* The Lapis Aſſicus. Ex Aſio lapide, ſays Dioſcorides, fit podagris cataplaſma, cum fabæ lomento.

And

And foxes; ev'ry metal, and the tears
Diſtill'd of every tree; bones, nerves, and ſkins
Of ev'ry beaſt, milk, urine, marrow, blood.
A potion ſome of four ingredients, ſome
Of ſeven or eight prefer. Some oft repeat
The ſacred bitter; ſome to the pure ſpring
Medicinal, whilſt others truſt to charms,
And incantations, which the wand'ring Jew
Hath ever ready for his gaping throng.
Mean time I laugh, and bid the fools go weep,
Who mock me thus, and but incenſe my rage." †

It will be unneceſſary to comment upon this liſt of remedies, to which conſiderable addition has been made ſince the days of Lucian. But the increaſe is of number, more than of efficacy. I ſhall therefore reſt contented with a few obſervations on the moſt common or moſt powerful medicines now in uſe.

† Lucian's Tragopodagra, by Francklin, p. 582. V. II.

BLISTERS

Blisters. In the *misplaced* or *retrocedent* Gout, they may be employed with effect. But in the regular paroxysm, they are seldom necessary, and even in cases where they are highly useful, care should be taken to avoid certain ill consequences, with which their use is sometimes attended. I have known a blister betwixt the shoulders, or upon the breast, relieve a gouty affection of the lungs, and bring on a severe gouty attack of the neck of the bladder, which was so different from the common strangury, that it was rendered worse by large draughts of diluting liquors, and only removed by hot brandy and water, aided by a remedy hereafter to be mentioned. Blistering the lower extremities may sometimes be proper in cases of atonic Gout, where the seat of the disease is not fixed.

Issues, or perpetual blisters, have been recommended, and I have seen good effects from a discharge long continued;

 but

but ſuch diſcharge is ſeldom neceſſary, and in ſome inſtances might be prejudicial.

EMETICS are ſometimes uſeful in removing ſymptoms ariſing from foulneſs of the ſtomach, but their uſe in this reſpect is limited. Nauſea and ſickneſs depend oftener on the weakened tone of the organs of digeſtion, than on any collection of indigeſtible matter in the *primæ viæ*. Emetics, therefore, ſhould be uſed with caution. But I am of opinion that in ſome ſpaſmodic gouty affections, particularly of the lungs, they act as powerful ſtimuli, removing the local diſeaſed action, more effectually than other remedies more commonly employed.

PURGATIVES are only proper to prevent coſtiveneſs, and are now very properly decried in all gouty caſes. But Arthritics ſhould keep the body open by the uſe of ſome warm cathartic. The compound tincture of ſenna, or ſpirituous tincture of rhubarb, will commonly anſwer this purpoſe. A table ſpoonful taken at bed-time,

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in a glaſs of water, or pepper-mint water, with or without a few grains of powder of Rhubarb, is often a ſufficient quantity, and may properly be repeated once or twice a week, or as occaſion requires. The tone of the ſtomach and inteſtines, will be increaſed by the proper uſe of ſuch a remedy.

BLOOD-LETTING, is an evacuation ſeldom to be admitted in gouty caſes. But I will not venture to affirm that it is always improper. In ſome inſtances of violent Gout of the lungs, or head, I have known it give inſtantaneous relief, and no bad conſequences enſue. The patient was plethoric, and the remedy probably acted by removing the exceſs of ſtimulus upon a part labouring under indirect debility. But except in theſe two caſes of gouty inflammation on the membranes of the head or lungs, I never ſaw any good, but on the contrary much harm from the uſe of the lancet. And even in ſuch complaints, I would never recommend blood-letting, unleſs in very plethoric habits.

STOMACHIC MEDICINES. Inſtead of evacuating remedies, it is evident that the cure of the gout muſt be ſought for in the oppoſite liſt of tonic ſtimulants, or ſuch articles of the materia medica as are calculated to remove debility of the digeſtive organs. The cure of intermittents was long and vainly attempted by every ſpecies of evacuation, 'till at length the Peruvian bark was diſcovered to produce a cure without this effect; and phyſicians now find that medicines acting upon the ſame general principle, are beſt adapted to the cure of thoſe complaints which by analogy are ſuppoſed to depend upon the ſame general cauſe. Hence it is that the BARK and BITTERS are univerſally employed in diſeaſes of direct debility. Theſe remedies have been given to gouty perſons in the intervals, or at the declenſion of a paroxyſm. And although I am of opinion that they may be ſafely employed in a fit, yet I have never been able to remove a real external gouty inflammation by their uſe. As the bark itſelf is not always a ſufficiently

powerful

powerful ſtimulus to remove an ague fit, ſo it ſeems to be in moſt caſes too weak a ſtimulus for the removal of a gouty paroxyſm. I would however adviſe its uſe, conjoined to other remedies, and particularly in the intervals of a paroxyſm. I agree entirely with a worthy divine, who, to the honour of himſelf, and the diſgrace of phyſic, has written the beſt book now extant on the Gout. " As indigeſtion, " (ſays Dr. Warner) hath been proved to " be the primary cauſe of the Gout, the " firſt direction of medicine, it is natural " to require, ſhould be to ſtrengthen the " digeſtive powers. To this purpoſe, I " believe there is nothing more efficacious " within the compaſs of phyſic, than a " frequent and almoſt daily uſe of the tinc- " ture of the bark, and of the elixir of " vitriol, already mentioned at the declen- " ſion of the fit." *

* See a Treatiſe on the Gout, by Fred. Warner, L L. D.

A large

A large ſpoonful of Huxham's tincture of bark in a glaſs of pepper-mint water, or camomile tea, with four or five drops of elixir of vitriol, is a very good ſtomachic medicine. But I have found that an infuſion of the cinchona caribbæa, a new ſpecies of bark, which I have deſcribed in another work, under the name of Cinchona Sanctæ Luciæ, is preferable to any preparation of either the common or red bark.† The following preſcription may be of uſe to Arthritics:

Take one dram of the cinchona caribbæa, in coarſe powder, or bruiſed: one dram and an half of dried orange-peel: one dram of Winter's bark, put them into an earthen pot—pour upon them one pint of boiling water—cover the top of the veſſel; and when the ingredients have infuſed four hours, pour off the liquor for uſe. A wine glaſs of this infuſion with, or without a tea-

† Vid. My Eſſay on a New Species of Bark, &c.

ſpoonful

ſpoonful of Huxham's tincture of bark, will be found an uſeful ſtomachic medicine, and may be taken two or three times a day.

The dried orange peel is an excellent and grateful bitter. It covers the ſtronger taſte of the cinchona caribbæa, and renders the whole a pleaſant medicine.

COLUMBO ROOT is likewiſe a very uſeful medicine in gouty caſes. A ſimilar infuſion to what is preſcribed above, with double the quantity of columbo root, will be found a powerful ſtrengthener of the organs of digeſtion. Other bitters may likewiſe be employed for the ſame purpoſe. But theſe remedies ſeem only capable of removing the ſlighter forms of Gout, and are not to be relied upon in any ſevere caſes, either of the ſtomach, or other organs of digeſtion.

CHAL-

CHALYBEATES are recommended by the experience of the moderns in gouty caſes. Muſgrave and Warner have given formulæ of ſteel powders, which they affirm are excellent for driving the Gout from the ſtomach into the extremities. Their preparations are, in my opinion, inferior to the ſal martis, or ſteel wine of the ſhops. I commonly uſe the latter, and have experienced a very happy effect from it in many caſes. A tea-ſpoonful in a glaſs of lukewarm water, makes a very good artificial Bath water. The ſame medicine is properly conjoined to the uſe of bitters, and other ſtomachic medicines in gouty affections of the primæ viæ, but I believe the remedy will be found too inert to remove a paroxyſm of the extremities.

MINERAL WATERS: The very ſurpriſing cures which have been made by the uſe of Bath waters give them a preference, and pre-eminence to all others. Their temperature undoubtedly aſſiſts their Chemical

mical qualities, but independant of heat, they ſeem to poſſeſs a particular ſtimulant property which is diſtinct from the Chalybeate Impregnation, or mere temperature. This ſubtile and powerful ſtimulus may probably be a ſpecies of gas hitherto unknown, or merely inflammable air. The ſubject appears to me worthy a more minute inveſtigation than it has hitherto experienced from the Chymico-medical philoſophers; and there ſeems to be ſome reaſon to believe that a fuller knowledge of the medical properties of the gaſſes or fictitious airs will conſiderably improve the practical part of phyſic. As the bath waters are only to be uſed with advantage at the fountain head, I ſhall think it unneceſſary to ſubjoin directions for their uſe. Theſe are properly procured from the phyſicians of the place, whoſe experience enables them to give the beſt advice concerning the time, quantity, and neceſſary cautions in the uſe of the waters. I will only remark, that in every caſe where the bath waters may be expected to be of

ſervice, previous purging, and all violent evacuations, in my opinion, are not only unneceſſary, but highly prejudicial. I would likewiſe wiſh to throw out a hint in the form of a query to the phyſicians of Bath—" Would not the uſe of the waters conjoined to the remedies hereafter to be mentioned, during a paroxyſm, or external inflammation of the extremities, aſſiſt in removing the diſeaſed action of the part, and thus accelerate the cure of a fit of the gout?"

In certain caſes where recourſe cannot be had to bath waters, I would recommend the uſe of any chalybeate ſpring, cold or warm, but the latter ſeems beſt adapted to gouty ſtomachs, which can ſeldom bear the uſe of cold water in any conſiderable quantities.

In ſome inſtances I have ſeen the effects of Buxton waters equal to thoſe of Bath. Pyrmont waters are likewiſe of conſiderable

able efficacy, and I would recommend their frequent uſe to all arthritics.

THE remedies already mentioned are principally adapted to the cure of the irregular ſpecies of gout, but I now proceed to remark upon thoſe more powerful tonics which may aſſiſt us in the removal or

CURE of a regular FIT of the GOUT.

GUIACUM has long been uſed in venereal and gouty complaints, The wood, bark, and reſin of this tree, which is a native of Jamaica, the Guiacum Officinale Linn, are at preſent in uſe, but I have met with few practitioners who place much confidence on any preparation of theſe articles of the materia medica. The decoction of ſarſaparilla is preferred to the decoction of Guiacum in Siphylis, and I believe no phyſician now attempts the cure of any form of gout with this remedy. The reſin, or gum, as it is called, is ſometimes given in chronic rheumatiſms, but I have not

met with any author who recommends it in a regular fit of the gout. I will venture to affirm, however, that it is a powerful and uſeful remedy. The volatile tincture of Guaicum, the Tinctura Guaici of the new London Diſpenſatory is a very powerful medicine; it is the ſolution of a permanent ſtimulus in a diffuſible ſtimulant menſtruum. I have known it given with good effect in that very obſtinate complaint, the gouty affection of the neck of the bladder. This fact firſt led me to try it in a regular paroxyſm; ſingly, however, I never obſerved its efficacy, but, aided with the remedy I am next to mention, there is not a more powerful compound in the volumes of ancient and modern Phyſic.

Musk is a remedy which deſerves the attention of Phyſicians and Arthritics. I cannot introduce my obſervations upon this neglected article of the Materia Medica, in words more applicable than the following quotation from Dr. Lewis's New Diſpenſatory: "Muſk, ſays he, is a grumous ſub-

" ſtance like clotted blood, found in a
" little bag ſituated near the umbilical
" region of a particular kind of animal
" met with in China, Tartary, and the
" Eaſt-Indies. The beſt muſk is brought
" from Tonquin, an inferior ſort from
" Agria, and Bengal, and a ſtill worſe from
" Ruſſia. Fine muſk comes to us in
" round thin bladders; which are gene-
" rally about the ſize of a pigeon's egg,
" covered with ſhort brown hairs, well
" filled, and without any appearance of
" having been opened. The muſk itſelf
" is dry with a kind of unctuoſity, of a
" dark reddiſh brown, or ruſty blackiſh
" color, in ſmall round grains, with very
" few black clots, and perfectly free
" from any ſandy or other viſible foreign
" matter. If chewed, and rubbed with a
" knife on paper, it looks ſmooth, bright,
" yellowiſh, and free from grittineſs. Laid
" on a red-hot iron, it catches flame and
" burns almoſt entirely away, leaving only
" an exceeding ſmall quantity of light,
" greyiſh aſhes; if any earthly ſubſtances

" have

" have been mixed with the muſk, the
" reſiduum will readily diſcover them.
" Muſk has a bitteriſh, ſubacrid taſte,
" a fragrant ſmell, agreeable at a diſtance,
" but when ſmelt near to, ſo ſtrong as to
" be diſagreeable, unleſs weakened by the
" admixture of other ſubſtances. If a ſmall
" quantity be infuſed in ſpirits of wine in
" the cold for a few days it imparts a deep,
" but not red tincture; this, though it
" diſcovers no great ſmell of the muſk, is
" nevertheleſs ſtrongly impregnated with
" its virtues; a ſingle drop of it commu-
" nicates to a whole quart of wine a rich
" muſky flavour. The degree of flavour
" which a tincture drawn from a known
" quantity of muſk, communicates to vi-
" nous liquors, is perhaps one of the
" beſt criteria for judging of this commo-
" dity. Neumann informs us that ſpirits
" of wine diſſolves ten parts out of thirty
" of muſk, and that water takes twelve;
" that water elevates its ſmell in diſtil-
" lation, whilſt pure ſpirit brings over no-
" thing. Muſk is a medicine of great
" eſteem

" eſteem in the eaſtern countries ; among
" us it has been for ſometime pretty much
" out of uſe, even as a perfume, on a ſup-
" poſition of its occaſioning vapours, &c.
" in weak females, and perſons of a ſeden-
" tary life. It appears, however, from late
" experience, to be, when properly man-
" aged, a remedy of good ſervice, even
" againſt thoſe diſorders which it has been
" ſuppoſed to produce. Dr. Wall has
" communicated (in the Philoſophical Tran-
" ſactions, No. 474) an account of ſome
" extraordinary effects of muſk in convul-
" ſive, and other diſeaſes, which have too
" often baffled the force of medicine.
" The Doctor obſerves, that the ſmell of
" perfumes is often of diſſervice, where
" the ſubſtance, taken inwardly, and in
" conſiderable quantity, produces the hap-
" pieſt effects : that two perſons labour-
" ing under a ſubſultus tendinum, extreme
" anxiety, and want of ſleep, from the
" bite of a mad dog, by taking two doſes of
" muſk, each of which was ſixteen grains,
" were perfectly relieved from their com-
" plaints.

" plaints. He likewiſe obſerves that con-
" vulſive hiccups, attended with the worſt
" ſymptoms, were removed by a doſe or
" two of ten-grains: and that in ſome
" caſes where this medicine could not, on
" account of ſtrong convulſions, be admi-
" niſtered to the patient by the mouth, it
" proved of ſervice when injected as a
" glyſter. He likewiſe adds, that under
" the quantity of ſix grains, he never
" found much effect from it; but that
" taken to ten grains and upwards, it
" never fails to produce a mild diapho-
" reſis, without at all heating or giving
" any uneaſineſs; that on the contrary it
" eaſes pain, raiſes the ſpirits, and that
" after the ſweat breaks out, the patient
" uſually falls into a refreſhing ſleep; that
" he never met with any hyſterical perſon,
" how averſe ſoever to perfumes, but
" could take it in the form of a bolus,
" without inconvenience. To this paper
" is annexed an account of ſome farther
" extraordinary effects of muſk, obſerved
" by another gentleman. Repeated expe-
" rience

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