

**Observations on the gout and acute rheumatism; containing an account of a speedy, safe, and effectual remedy for those diseases: with numerous cases and communications / by Charles Wilson.**

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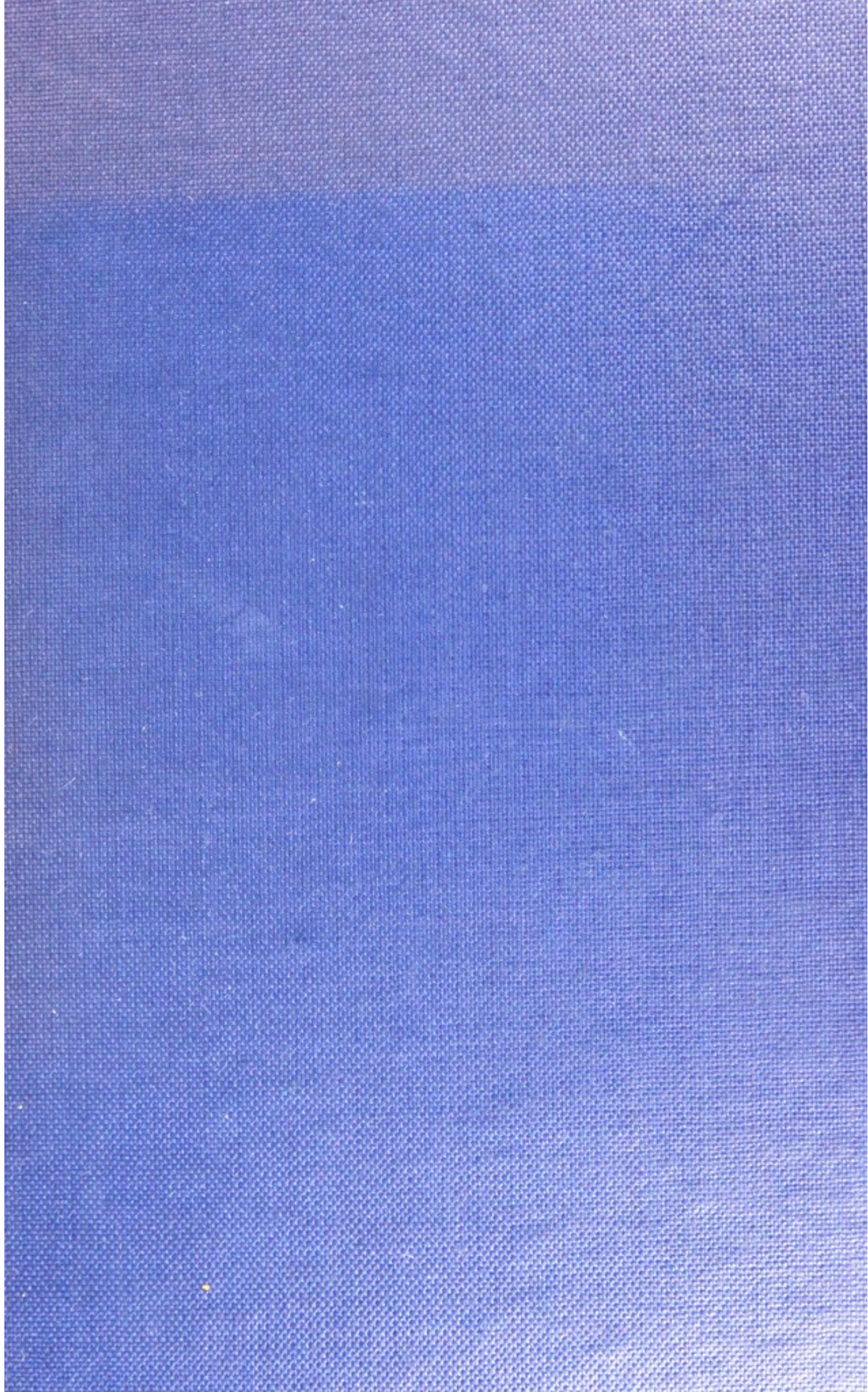
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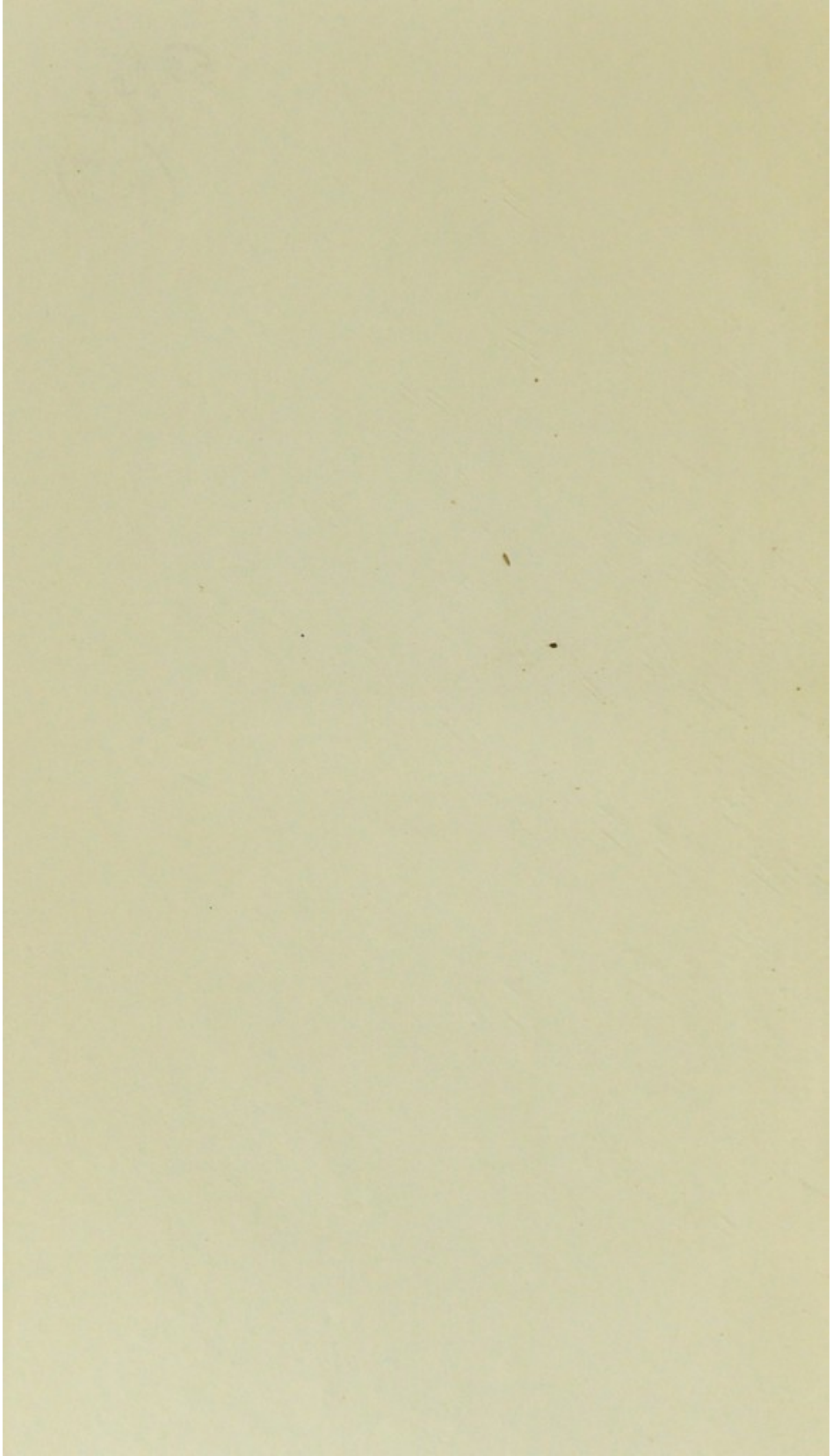
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*Marquess of Ailsa.*



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OBSERVATIONS ON GOUT,

&c.



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OBSERVATIONS  
ON  
**GOUT AND RHEUMATISM,**

INCLUDING

AN ACCOUNT OF A

*Speedy, Safe, and Effectual Remedy for  
those Diseases :*

WITH

NUMEROUS CASES AND COMMUNICATIONS.

---

BY CHARLES WILSON, M.D.,

MEMBER OF THE ROYAL MEDICAL SOCIETY OF EDINBURGH,  
AND GRADUATE OF THAT UNIVERSITY.

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THE THIRD EDITION,

REVISED AND MATERIALLY ENLARGED.

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LONDON :

PRINTED FOR THE AUTHOR,  
AND SOLD BY THOMAS AND GEORGE UNDERWOOD,  
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MDCCCXXIII.

OBSEVATIONS  
ON  
GOUT AND RHEUMATISM

IN ACCOUNT OF A  
SERIES OF

EXPERIMENTAL AND CLINICAL RESEARCHES  
ON THESE AFFECTIONS:

BY CHARLES WILSON, M.D.

LONDON:  
PRINTED BY WILLIAM CLOWES,  
Northumberland-court.

BY CHARLES WILSON, M.D.  
FELLOW OF THE ROYAL SOCIETY OF MEDICINE,  
AND A MEMBER OF THE LONDON MEDICAL SOCIETY.

THE THIRD EDITION,  
REVISED AND CORRECTED.

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## PREFACE TO THE THIRD EDITION.

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THE FIRST EDITION of the present Work was published in 1815, and with the following one, in 1817, excited considerable attention; not only on account of the subjects discussed, but, also because, instead of being addressed exclusively to professional readers, the "Observations" were couched in language so plain, that "he that ran might read." The Author's reason for thus departing from the more usual practice of medical writers, was, that he conceived those affected with gout, to be people who, generally, from their habits and education, were not only enabled to distinguish this disease from others, and to judge of its symptoms, but also, duly to appreciate the remedies submitted to their notice.

As public opinion, however, is much divided respecting the propriety of publishing medical works for the use of those who have not received a medical education, it may be necessary to advert for a moment to the controversy on this subject. But so many plausible arguments have been advanced on each side of the question, that it is absolutely impossible to arrive at any general conclusion, which

shall be applicable to all cases of disease. On the one hand, it may be granted, where the reader is *hypochondriac*, and, consequently, liable to fancy evils which he does not really experience; where the symptoms of one disease may be mistaken for those of another; or where the medicine recommended is violent in its action, and, in case of any slight mistake, deleterious; there can be no doubt that individuals are more likely to receive injury than benefit from a popular treatise. On the contrary, where a disorder may be easily distinguished; where it produces evils of too glaring a nature to be mistaken for the illusions of fancy; where the remedy to be employed has been proved by extensive trials in the greatest variety of cases and of constitutions, to be both innocent in its operation, and beneficial in its tendency; and where, after all, the complete cure and future exemption of the sufferer, must depend more on his own conduct than on the care of the physician; it is most clear, that the arguments for a popular publication greatly overbalance the objections.

It is on these and similar principles, that the Author wishes to rest the claims of the Third Edition of his *OBSERVATIONS ON GOUT AND RHEUMATISM*, to the candid perusal of those who are subject to these tormenting disorders.

During the period of seven years, which have now elapsed since the publication of the First Edition,

the Author has had his experience extensively enlarged, while the rapidly-increasing reputation of "THE TINCTURE," as an efficacious and certain remedy in cases of Gout and Rheumatism, affords unequivocal proof of the excellence of his discovery, and of the esteem in which it is held by arthritic invalids of every rank. The correspondence which has been induced, by the concluding paragraphs of the former editions of this Treatise, has been extended beyond all previous anticipation; and it is most gratifying to the Author to mention, that the communications have almost uniformly been of an interesting and satisfactory nature, as will be seen by referring to the APPENDIX, in which numerous letters, from characters of the highest rank and eminence in the empire, have been inserted.

The present edition has, for the most part, been re-composed, and many alterations and improvements, the result of accumulated information, have been incorporated with the Work, some of the most important of which it may be here proper to notice.

In the first edition, the Tincture was recommended only in cases of acute gout, and the patient was prohibited from recurring to it in the other varieties of the disorder; but enlarged experience has proved beyond a doubt, that the Tincture is of the highest utility in cases of chronic gout; and even in cases of retrocedent gout, it has, when judiciously administered, been found to be highly beneficial. The Author has, in

consequence, felt it to be his duty, instead of prohibiting its use in such cases, to give the necessary directions for its most efficacious employment.

Increased experience has also led to the no less important discovery of the most proper doses of the Tincture. It may be necessary to state, in this place, that no mischief whatever has been produced, where, under particular circumstances, one hundred minims, and upwards, of the medicine, have been taken for a dose. It has, however, been found better, and more advantageous, to administer much smaller doses of the Tincture, the largest dose, in no case whatever, exceeding sixty minims, though so large a dose will seldom be required. This caution has been particularly insisted upon in the body of the Work; but it appears to be so interesting to the patient, that it was deemed important, that it should not be overlooked in the Preface.

At the time when the first edition was published, the Author had not come to a final decision respecting the merits or the defects of the Eau Medicinale, and other pretended remedies for gout of a similar nature and character. But he is now fully convinced, by the many undoubted facts which have come to his knowledge, that these preparations have produced most deleterious effects; and he, therefore, feels himself called upon to speak of them in strong terms of reprobation. At the same time, in justice to his own medicine, he may state, that he

has the evidence of many, whose constitutions had severely suffered from taking as much as a hundred bottles of Husson's preparation; and who, after being compelled to give it up, and having had recourse to the Tincture, have uniformly found their general health improved, and their gouty affections relieved. They, therefore, bear the most decisive and unsolicited testimony to the infinite superiority of the Tincture over these preparations, and the unspeakable advantage with which it has, in almost every instance, been attended.

In the present edition also, the Author has given more explicit and extended details of the most salutary plan of PREVENTIVE TREATMENT, during the INTERVALS OF GOUT; shewing, that the paroxysms may not only be warded off, or, at least, rendered less frequent in their returns; but that the gouty constitution may be changed, renovated, and restored to a healthy state, by the use of his ALTERNATIVE APERIENT PILLS, a medicine recently found, from extensive experience, to exert the most wonderful and decided influence over the pre-disposition to gout, whether that be hereditary or acquired.

The cases in which the Author's treatment of gout or rheumatism has hitherto failed, have been comparatively few indeed, as the reader will find most amply exemplified in the correspondence given in the Appendix. At the same time, it may be proper to state, that in selecting and arranging this corre-

spondence, he has not withheld any cases which (under whatever circumstances) have proved unsuccessful. But among all the testimonials of the efficacy of this discovery, which he might be inclined to enumerate in this place, he trusts none would prove more absolutely conclusive than the increased and increasing demand for the Tincture, which, within the last seven years, has increased more than tenfold.

The Author cannot conclude this Preface, without soliciting the attention of the Public to the subject of REGIMEN, which is of primary importance in the cure of all diseases, but more particularly of those treated of in this Work. In proportion as the means of cure are speedy, safe, and efficacious, the patient is but too apt to lose his fear of the disease, which he knows that these will subdue. Hence, he will become negligent of regimen, and, of course, must expose himself to the danger of frequent relapses. It ought, therefore, never to be forgotten, that though medicines have the power to remove a disorder, and even to improve the general health of the patient, yet it is only when these are followed up by an appropriate regimen, and a careful avoidance of all the causes which are known to excite the disease, that they can ever be depended on for securing a permanent exemption from attacks, however efficacious they may prove in giving temporary relief.

C. W.

Yoxford, Suffolk, Dec. 1, 1822.

## INTRODUCTORY OBSERVATIONS.

---

ALL sciences, which comprehend a number of subsidiary branches, are, in their infancy, necessarily imperfect; for the philosopher, instead of devoting himself to a strict examination of each particular department, is obliged, from defective knowledge, and other causes, to take a bird's-eye view of the whole, and while he is endeavouring to comprehend the general subject, he overlooks and disregards many of the particular but important links by which it is united. But as a science advances towards maturity, each branch becomes a distinct object of individual pursuit; facts are discovered, experiments are performed, and the results are carefully treasured up and methodically arranged; and the division of labour becomes a powerful instrument of general improvement.

Medicine, more, perhaps, than any other art



or science, demanded this mode of study ; and its votaries discovered, at an early period of its history, that, in order to arrive at perfection in the curative art, a minute knowledge was necessary, both of the structure of the human body and of the functions of its organs ; and of the nature and properties of herbs and minerals, and particularly their effects in health and disease. From this arose the departments of Anatomy, Physiology, Botany, Chemistry, and Pharmacy :—sciences so closely allied and cemented together, as to form the solid basis on which the present superstructure of medicine has been erected.

The science of medicine itself comprehends so wide a range of objects, all of which require careful and extensive study, that the space of human life is too brief for any individual to attain to an absolute proficiency in all ; and hence it is, that many medical men, more attracted by the phenomena of some diseases than of others, have frequently confined themselves in their studies and practice to observations and experiments on these alone. The practice of medicine, in consequence of this, has been divided into the

two grand departments of Physic and Surgery ; and these again into many sub-divisions, according to the nature of the disease, which may, by individual surgeons or physicians, be made the subject of separate attention and study.

This judicious and natural distribution of labour, whilst it laid the foundation of future fame and fortune for the practitioner, contributed much to the welfare of mankind ; for the energies which were formerly dissipated and impaired, from being scattered over an immense field of operation, became now concentrated and directed to one particular object. Had this not been the case, it would have been impossible that many important diseases could have been so thoroughly investigated as their importance deserved. The Public seem to have duly appreciated this arrangement, for when an individual becomes affected with any specific disease, he almost uniformly flies for advice and relief to the practitioner, whose attention and study have been chiefly directed to its cure.

In consequence of the excruciating agonies of its paroxysms, and of its unceremonious attacks on polished and civilized life, both in an-

cient and modern times ; GOUT has been justly termed " the bane of social enjoyment ;" and, as such, its nature could not long escape minute and accurate investigation. RHEUMATISM also, from its being naturally allied to gout, met with similar attention from professional men, and both have accordingly become particular subjects of medical discussion.

Among the host of authors who have treated of these diseases, the present Author presumes to enrol himself ; for having, during a period of many years, directed his attention, amidst other professional avocations, with more interest to GOUT and RHEUMATISM, he considers himself, from his experience, enabled to make important additions to the stock of knowledge already possessed on these subjects.

As the celebrity of the Eau Medicinale D'Husson was the parent of the Author's more particular research into the nature and cure of gout, it may not be improper to give a brief sketch of its rise, progress, and subsequent failure. Its history, until its introduction into this country, cannot be better narrated than in the words of Dr. Jones, who first recommended it to public

attention, in 1810, in a small work, entitled, "An Account of the remarkable Effects of the Eau Medicinale d'Husson in the Gout."

"The Eau Medicinale," says Dr. Jones, "was discovered, about forty years ago, by M. Husson, a military officer in the service of the King of France. We are informed by himself, that he had always an irresistible inclination for the study of botany, and the medicinal properties of simples. In the course of the researches to which this propensity led him, he discovered a plant, before unknown in medicine, which, on examination, was found to possess extraordinary virtues in the cure of various diseases. From this plant Husson prepared his remedy in its present form; and, after some experience of its powers, he was persuaded to publish it, and it was accordingly announced to the world as a sovereign remedy for almost every disorder incident to the human body.

"It was at first recommended with a view to its *evacuating* powers, which it sometimes exerted very violently, both as an emetic and cathartic. It was probably useful in some cases,

for it had acquired a degree of reputation, before its most valuable property, that of relieving the gout, was known. Accident led to this knowledge:—some persons, subject to this disease, took the Eau Medicinale during a paroxysm, probably as a cathartic. They were agreeably surprised to find their pains abate in a few hours, and soon go entirely off, and that they got rid of the paroxysm itself in two or three days, which, in its ordinary progress, would very probably have lasted as many weeks. A number of similar cases having occurred, it soon became known that this remedy really had great influence over the gout.

“ The singular success of the Eau Medicinale, in a disease which had hitherto been considered as beyond the reach of medicine, attracted the attention of several physicians of considerable eminence, who, after a careful investigation of the facts presented to them, candidly recommended the remedy to their own patients. As the same satisfactory results were obtained, it began to make a great noise in the world, and to excite much inquiry. It was not only frequently employed in the gout,

but also in many other diseases; and, if we may credit the testimonials adduced by the inventor in its favour, it was attended with unexampled success, even in cases where all other resources had failed.

“ It met, however, from the beginning, with much opposition. It was decried as a poison, or, at least, as a dangerous remedy, whose use ought to be proscribed by the public authorities. The clamours against it became at length so loud, that the sale of it was suppressed at Paris, in 1778, by an order from the police. But on the representations of several respectable persons, that it had not the ill consequences of which it was accused, the prohibition was removed on the fifth day. Several pamphlets and papers were also written from time to time, both in its favour and against it, and either printed apart, or inserted in the periodical works, or public journals.”

Dr. Jones goes on to relate, that being at Montpellier, in the winter of 1802, with Mr. Craufurd, of Auchnames, who was much afflicted with gout, they were informed of the ex-

istence and reputation of the Eau Medicinale, by Dr. Chretien, of that place. This physician, to confirm his report of its efficacy, introduced them to a gentleman, ninety years of age, who had been cured of gout by the preparation, about thirty years before, and who had been subject to gout till about his sixtieth year.

Soon afterwards the Baron de Roll told Mr. Craufurd, that several of his friends, in France and Germany, had taken the Eau Medicinale for the gout, with great success; also, that Dr. Wolfe, of Warsaw, had written a Treatise on that disease, strongly recommending the Eau Medicinale as a most efficacious remedy. From these and other proofs of its power, Mr. Craufurd was induced to try its effects upon himself; and, after his arrival in England, with great difficulty, procured from Paris four dozen bottles of it. He did not, however, adhere to his resolution, but, from time to time, deferred the experiment until 1808, when it speedily removed the paroxysm. Several of Mr. Craufurd's friends, now, had recourse to his stock of

the medicine, with similar advantage; and Dr. Jones took great pains in recommending and administering it to his own patients.

As to the subsequent progress of the Eau Medicinale, Dr. Jones says, that from having had some share in its introduction into this country, he was sometimes consulted about its administration; and his experience of its effects would have been more extensive, could a sufficient quantity of the medicine have been procured. Mr. Craufurd was, at that time, the only person in England who possessed any; and the little communication between the two countries rendered it difficult to obtain a supply from Paris. At length, however, several gentlemen got over small quantities, from time to time; and some London merchants, who had communications with France, made pretty large importations of it, in defiance of all obstacles, and, as it became less difficult to procure the medicine, trials of it in gout became much more numerous.

A depôt for the sale of the Eau Medicinale was at length established in St. James's-street, London; and the price of each bottle rose



speedily to eleven shillings, although the original price, in France, was only two francs, (twenty pence.) But even at this exorbitant price, the sale was amazing, doubtless, in a great measure, from the eulogium in its favour in the work of Dr. Jones. In this work he professes the most disinterested motives\*; and, in his Appendix, relates several cases in which the medicine was attended with remarkable success. His cases chiefly occurred in the higher ranks of life; and amongst the sufferers who derived the greatest benefit from its use, he has mentioned Sir Joseph Banks, and Major Rennel, the celebrated oriental geographer.

It was hardly to be supposed, that this celebrated remedy could long have retained possession of the reputation which it had acquired,

\* The disavowal of Dr. Jones, as to any participation in the sale of the Eau Medicinale, is as follows:—"I have no part in the merit of the discovery, nor any hopes of sharing in the reward; and though its composition be a secret to the public, it is equally so to me. I have not a single dose of it at my disposal, nor am I interested in its success, in any other way, than as a means of relief to the sufferings of a numerous class of patients, by bringing them acquainted with a remedy, hitherto unknown in this country."—*Dr. Jones's Account*, pages 3, 4.

without many attempts to discover the secret of its composition. Accordingly the Eau Medicinale was chemically examined, as early as 1782, by M. M. Cadet and Parmentier, who declared, that it contained no metallic or mineral substance, but was a vinous infusion of some bitter plant or plants. This analysis accorded, indeed, with M. Husson's own assertion, who declared, "That the Eau Medicinale was the simple extract of a plant, whose properties have been hitherto unknown both to the ancients and moderns." M. Husson pledged his honour, as an officer, for the truth of this assertion.

This exclusion of the animal and mineral worlds from any share in its composition, brought the besiegers within a narrower circle, and they renewed the attack with tenfold vigour. As far as analysis of the medicine could go they were foiled; for it is well known that chemistry does not afford sufficient means to enable us to discriminate the infinite variety of infusions which may be prepared from vegetable substances, as the only test of these is the very imperfect one supplied by taste and smell. All, therefore, that could be done, was

to try such bitter infusions as seemed most likely, when administered in cases of gout, to produce similar effects to those of Husson's preparation. In making these trials, an almost infinite variety of plants were brought to the test and rejected. Among others may be mentioned the plants called by botanists *gratiola officinalis*, *euphorbia esula*, *euphorbia officinalis*, *hyoscyamus niger*, *atropa belladonna*, *digitalis purpurea*, *aconitum napellus*, and *momordica elaterium*.

Concerning the *gratiola officinalis*, it is to be observed, that M. Alyon, a professor of chemistry, asserted, in his "Elémens de Chimie," that it was the basis, or active ingredient, of the Eau Medicinale; and even went so far as to give a recipe for its preparation, *viz.*, infusing the root and leaves of the plant in a light Spanish wine. He affirmed, that it exactly resembled the preparation of Husson, in all its properties. Dr. Wolfe, of Warsaw, adopted a similar opinion, but admitted, that he never prescribed this imitation, because his patients always insisted on having the genuine French medicine.

The Author has, at different times, made a number of experiments with the vinous tincture of *gratiola*, but could never discover that it had any similarity to Husson's preparation, either in its sensible qualities, or in its medicinal effects.

With respect to the *veratrum album*, it is unnecessary to say much. Mr. Moore's formula \* will certainly produce a medicine having a slight resemblance to the Eau Medicinale, in its sen-

\* *Wine of White Hellebore Root.*

Take of White Hellebore Root, eight ounces ;  
Sherry, two pints and a half.

Infuse for a fortnight, and let the infusion then be filtered through paper.

The root is to be cut into thin slices, and during the process, the bottle is to be occasionally shaken.

*Sydenham's Wine of Laudanum.*

Take of Opium, two ounces ;  
Saffron, one ounce ;  
Cinnamon and Cloves, each one drachm ;  
Mountain Wine, one pint ;

Digest for three days, and strain.

Mr. Moore's mixture for gout consists of three parts of the above wine of hellebore, and one part of Sydenham's wine of laudanum. The dose is from forty minims to two drachms.

sible qualities, and producing some of its effects, when administered agreeably to his directions; but numerous subsequent trials have proved, that in many respects this preparation is to be regarded only as an unsuccessful imitation of Husson's medicine. The positive and plausible assurances of Mr. Moore, fortified by his reference to ancient authorities, had the effect, however, of leading the inquirers into the nature of the gout medicine upon a wrong scent, though experiment soon convinced them of the futility of a reliance on the *dictum* of Mr. Moore\*.

Mr. Want's supposed discovery of the component parts of the mysterious French medicine, though nearer the truth than the former, created, for a time, like the rest of the guess work, a considerable bustle in the medical world. Having performed some experiments with the BULB of the *colchicum autumnale*, or meadow saffron, which has long been ascertained to be the true hermodactyl† of the shops; he persuaded

\* For the injurious effects of Mr. Moore's medicine, see pp. 76, 77, and 78.

† The hermodactyl is usually said to signify, "*The fingers of Mercury or Hermes*," which seems to have little meaning.

himself, that a vinous infusion of it \* was really the far-famed Eau Medicinale. He says, "The identity of the Tincture of Colchicum and Eau Medicinale is a question which can only be determined by attentive examination, and comparison of their respective operations on the human body. I will pledge my professional reputation for the truth of what I have alleged on this subject. My practice in gout has been very great, and where these remedies appeared likely to be useful, I have administered them with the most careful observation of their effects, and have never once entertained a doubt of their being the same medicines. I am assisted in forming my judgment by the testimony of those who have taken both medicines. I have had intercourse with many of the most distinguished scientific characters of this kingdom, who are conversant both with the appearance and properties of the French remedy; and they are

Mr. Kerr explains it to mean the date of Hermus.—(Δακτυλος 'Ερμυ,) because the bulb of the colchicum resembles a date, and grows abundantly on the banks of the Hermus, in Asia Minor.

\* See his Formula, page 83.

unanimous in expressing their convictions, *that the two compositions are identically the same.*"

Mr. Want is supported in his opinion of the identity of his preparation, by Sir Everard Home, who, in the *Philosophical Transactions*, for 1817, thus delivers himself:—"For the cure of gout, the Eau Medicinale of Husson has been most fortunately discovered to be a specific remedy; and it is now ascertained, by experiments on different people, that a vinous infusion of the colchicum autumnale, or meadow saffron, is equally so; *and, therefore, the two medicines must be considered as the same!*" This argument is equally logical and sound with that which is brought to prove the identity of Monmouth and Macedonia.

On this conclusion of Sir Everard Home, Dr. Scudamore remarks, "That the two medicines are to be considered *as the same*, is surely a very unsupported opinion, when it is made to rest only on the general assertion of a similarity of power in removing the immediate symptoms of gout. A general claim of this kind (in the desire to represent the Eau Medicinale) has been maintained with regard to many other

medicines; as the wine of hellebore and laudanum; elaterium guarded by opium; and, according to the opinion of some, even the gratiola or hedge hyssop; that all these medicines, except the gratiola, have usually, in different degrees, an immediate control over the local symptoms of gout, I am well assured; and sufficient observation has taught me, that the Tincture of Colchicum, and the vinous infusion of the same substance, have also a similar influence; but so far as I have seen, in a much less degree than the Eau Medicinale, and *less than Wilson's Tincture.*"

That the general effects which Mr. Want attributes to his preparation, have a remarkable coincidence with those resulting from the exhibition of the Eau Medicinale, is now universally admitted, though it never produces the strong effects of the latter medicine; and, accordingly, a very general notion prevails amongst medical men and others, *that those medicines are identically the same.* The statement, however, which I am now about to give, will, I trust, set this long-disputed question completely at rest, and show that all the pretended disco-



veries of its *composition* have either wholly failed, or been materially defective.

About the time when the Eau Medicinale first attracted the attention of the British Public, and before its deleterious qualities, and its want of permanent benefit, were so fully ascertained as they now are, I entered on a long series of laborious and expensive experiments, with a view to discover the secret of its composition; and in the autumn of 1811, after many and repeated experiments upon an infinite variety of plants, I succeeded to the utmost of my wishes. Elated with the idea, that I had, at length, penetrated into a mystery, which had for so long a time, occupied the attention, defied the ingenuity, and engaged the opposing pens of so many of my professional brethren,—I communicated the results of my experiments to Dr. Jones, Sir Joseph Banks, and the Professors of Botany, Medicine, and Therapeutics, in the University of Edinburgh, who all agreed in the genuineness of the discovery. The following extract of a letter from Mr. Dodshon, a respectable surgeon and apothecary, at this time residing at Diss, in Norfolk, is the only docu-

ment which I now possess, relating to my communications with Dr. Jones. It will be sufficient to prove that my pretensions were not unfounded.

London, April 27, 1812.

MY DEAR SIR,

I was not fortunate enough to see Dr. Jones till last Saturday, when I took both your last letters for his perusal. His opinion of your infusion is highly satisfactory, being convinced, from its taste, smell, and other circumstances, that you have really discovered the identical composition of the French medicine. He has shewn your preparation to several medical friends, who have likewise expressed a similar opinion. He has not yet given it a trial; but he requested me particularly to say, that he should be extremely happy to hear from you again on this interesting subject; and trusts you will send him some of your infusion, of equal strength with that imported from France, which he promises to make a trial of as soon as possible,

I remain, &c.,

ROBERT DODSHON.

To Charles Wilson, M.D.

Whilst I was engaged in giving publicity to my discovery, I received the following letter, in answer to a communication from the late re-

vered benefactor of science and of mankind,  
Sir Joseph Banks:

Soho-Square, May 15, 1812.

SIR,

Though I live on a footing of friendship with many medical men, and though they are on all other occasions willing, and even desirous, of obliging me, I have not been so successful in my attempts, to procure proper experiments to be tried with your medicinal water, as I could have wished. I lost no time in asking two medical men, in whom I confided, to undertake the business, in which, I confess I take a deep interest; being convinced, as much as I can be, by the appearance, the taste, and the smell of your medicine, that you have really discovered the plant, which so many persons have sought for in vain.

From only one of these gentlemen have I yet got any return, and that is not for the gout, which you know seldom occurs *in corpore vili*, but for the inflammatory rheumatism. The return is exactly conformable to my wishes, and to your expectations. The effect has been precisely that of Husson's medicine. The pulse of the patient has been materially lowered, and the disease completely cured in two days.

My other medical friend seems inclined to avoid any report; he always tells me that he has not yet met with a proper patient, and begins now to say that he fears he shall not.

This reluctance, on the part of the London physicians, seems to originate in the fashionable objections that have of late been taken to the French medicine. At first I observed, that infinite pains were taken to discover cases in which ill effects had been produced from ordinary doses, and afterwards by exhibiting the medicine in smaller doses, pretending to wonder that its effects should be so trifling.

You may imagine, Sir, that I am anxious to be made acquainted with the name of the plant which you use; but I dare not ask you to reveal it as a favour to me. When you see fitting you will, no doubt, reveal it; when that time comes, I hope you will not forget to give me early notice. I cannot help hoping, that a plant of such efficacy will, when farther experiments are tried, be found to have other salutary effects on the diseases of mankind, than those we are now acquainted with.

I am, Sir,

With many thanks for your communication,

Your obedient and faithful servant,

JOSEPH BANKS.

To Dr. Charles Wilson,  
Yoxford.

The time has now arrived in which I have thought proper to divulge my discovery of the preparation of the Eau Medicinale; but, alas, the venerable President of the Royal Society, who was so interested in it, is no more!

My chief reason for this disclosure is, that many still labour under the mistake, that "the Tincture" is identical, or very similar, to the Eau Medicinale; and being aware of the deleterious properties of the French preparation, are deterred from taking my medicine, by the fear that it will also prove injurious in the same respects. The following details regarding the composition of the two medicines, will prove, I hope, to be completely satisfactory on this important point.

The nearest conjecture as to the ingredients in the preparation of the Eau Medicinale, is that of Mr. Want, who thinks it is composed of the *bulb* of the *colchicum autumnale* infused in sherry or Lisbon wine. Colchicum is, indeed, the basis of Husson's medicine; but it was the *flowers* of the plant, and not the *bulb* which he employed. The following recipe for preparing it, agrees with that which is imported from France in every respect, both in its sensible qualities and medicinal effects, making some allowance, however, for difference of climate, soil, &c.; and perhaps, in the mode of preparation:

## EAU MEDICINALE D'HUSSON.

Take of the expressed juice of the Flowers of the Colchicum Autumnale, two parts ;

Brandy, (*Eau-de-vie*), one part ;

Mix them, and, in order to allow the impurities to subside, set apart the mixture for a few days in a vessel, and then decant off the clear liquor, and keep it in bottles, closely stopped for use.

The identity of Husson's preparation and that obtained by the above process, is proved by their complete agreement. In smell, after the liquor has been some time in bottles, they are alike, and both have the same peculiar flavour. The colour, and the brown deposit, which is slowly precipitated from the clear liquor, are precisely similar ; and their identity is farther proved by both operating in the same manner, when administered in the same dose, and by producing similar medicinal effects.

It has been remarked, that some bottles of the Eau Medicinale differ from others in being of a paler colour, and in effervescing when the cork is drawn. This, I imagine, is in consequence of the proportion of spirit that has been added, being too small to preserve it

from fermentation ; and not, as Mr. Moore supposes, from a thin kind of sparkling champagne being used as a menstruum.

About the time of my discovery of its component parts, above-mentioned, the reputation of the Eau Medicinale began to lose ground in the estimation both of physicians and their patients. Mr. Moore, in his letter to Dr. Jones, could not help noticing this decline of public opinion regarding its safety and its efficacy. "The spring tide," says he, "of the Eau Medicinale seems, at present, subsiding ; for I have heard suspicions of its having sometimes failed ; surmises of its having even done harm ; and conclusions drawn, that there were constitutions and states of gout not fitted for this medicine. I call Esculapius to witness, that I heard these sagacious doubts thrown out, not by hypochondriacs, or dabblers in physic, but by professional men. It might have been expected now-a-days, that no one who had ever breathed the air of an anatomical theatre, need have informed another, who had enjoyed the same happiness, that a medicine did not always succeed. No correspondent thinks of

sending to our Medical Journals a case where that admirable medicine, the bark, has failed of curing an ague; nor does any one think it necessary to prove, that there are cases of acute inflammation in which bleeding is detrimental."

From the knowledge which I had obtained of the true nature and component parts of the Eau Medicinale, I was enabled to detect, at least, some of the causes of its violence and occasional failure; and thus materially to improve my own preparation of the "Medicinal Water." I carefully noted its action in a variety of constitutions, and, in its improved state, was thus enabled to adapt to each sex and age the quantity necessary to relieve their sufferings; and to present the world with a remedy, if not of greater certainty or efficacy, yet, at all events, possessing less power of doing mischief than the Eau Medicinale. Having thus far modified its action from a violent to a mild degree, I, at length, set it adrift upon the wide and tumultuous ocean of public opinion.

Notwithstanding the declining state of the



Eau Medicinale, the MEDICINAL WATER, from its evident milder character, gained ground daily, and gave considerable satisfaction. The very violent effects, which were, in innumerable instances, observed to result from the use of the Eau Medicinale, were never observed to follow the exhibition of the Medicinal Water. As one proof of this preference, I may mention the circumstance of a gentleman, resident at Ipswich, who continued its use, from about the time I speak of, to the month of June, in the year 1819, with so much benefit and satisfaction, that he not only continually refused any further trial of the Eau Medicinale, but also resisted my own recommendation of a medicine (the Tincture) of still superior efficacy, and much greater safety, in the gout. But in the summer of 1819, this gentleman happening to have expended his stock of Medicinal Water, and a severe attack of gout just approaching, he sent to a druggist, in Ipswich, for a bottle of the Tincture, which gave immediate relief to his pains and his fears. Since that time he has always preferred the Tincture.

The reader may, perhaps, feel some surprise, that after this vindication of the Medicinal Water, I myself should have been disposed to discontinue its preparation and use. The truth is, that though the Medicinal Water was an improved and milder preparation, yet the numerous facts which came to my knowledge of the ultimate bad effects of the French medicine made me somewhat distrustful of my own; and stimulated me to continue my researches for the discovery of a medicine which should be, at the same time, safe, innocent, and powerfully efficacious in the cure of arthritic complaints. My researches have been successful. During my experiments to discover the composition of the French medicine, I met with several vegetable substances unknown to pharmacy in general, whose sensible qualities, and botanical affinities, induced me to inspect them more closely, and occasionally to exhibit them to individuals in those cases of disease, to which from affinity with other substances they appeared most particularly to be applicable. I will not say that these experiments on the animal economy were generally satisfactory, though, from a very cautious

administration and observation of their action, they never proved injurious. In fact, if they did little good, they did no harm.

In the course of these experiments, however, I made that discovery, which, I have the happiness of stating, now receives and repays the public attention \*. Its power over gout and rheumatism has been proved to be so decided, that I cannot help wondering, after Dr. Jones's congratulation of the arthritic part of the community on the existence of the Eau Medicinale; Mr. Moore's unbounded laudation of hellebore; and, I may now add, Mr. Want's eulogium on the virtues of colchicum; and Dr. Sutton's undoubtedly just praises of elaterium; there should exist a vegetable substance unheeded and unknown, which really possesses a still greater superiority and certainty in the cure of gout and rheumatism, than even the Medicinal Water, or any other remedy, which I ever saw

\* It most frequently happens, when any material improvement or discovery takes place, that the advance to it is gradual; either some collateral light has arisen, materially assisting the inquiry; or, if the thing should be arrived at by direct steps, it seldom attains, on a sudden, the requisite perfection.—SUTTON *on the Gout*.

or heard of being administered in such diseases. The medicine to which I allude, is that which has since been so well known by the name of DR. WILSON'S TINCTURE."

My own immediate observation, and the information which I have derived from a most extensive correspondence, have combined to convince me of the immense advantages resulting from this change, as scarcely any instances have occurred in which the TINCTURE has failed of its effects, and none in which it has been attended with deleterious consequences, when administered according to the prescribed directions.

To prevent misconceptions, it is of some consequence to state here, that for some time after the discovery of the Tincture, I continued to prescribe it under the name of the Medicinal Water, and a few of the cases were published; in order that, by cautious trials of it in various constitutions, I might ascertain its proper dose, and also increase my experience of its powers, before I ventured to publish it under its present name.

It was thought necessary to make this statement here, in order to obviate some gross mis-

representations, namely, that they are one and the same medicine, which have been most zealously circulated, particularly by a physician\*, who pretends to have been goaded on to this honourable procedure, solely by high motives of public philanthropy, and a very laudable disregard to his own interest! In a word, that this person put himself to considerable trouble and expense, in order to open the eyes of the public, and not with the most remote hope or desire of benefit to himself, for the very disinterested and honourable exertions which he made in opposition to the Tincture! It must, doubtless, be highly galling to him to find, that all this disinterested philanthropy has been so completely thrown away on the public, and that his *honourable* opposition has been so effectually unveiled, and traced to its proper motive; that it has only served to promote the reputation of the Tincture, and to establish it the more firmly in the quarters in which he had endeavoured to undermine it. The Author has now neither inclination nor room to expose more of the many

\* Dr. Williams, of Ipswich.

misrepresentations which this person has exerted his ingenuity to make ; nor is it, perhaps, necessary, as they are usually so obvious, as to be seen by every reader, when Dr. Williams (which is but very rarely) happens to obtain the honour of having his pamphlet perused.

On the subject of the composition of the Tincture, I pledge myself, that it is essentially different from the Medicinal Water, the Eau Medicinale d'Husson, or Mr. Want's, or other remedies for the gout ; and that no one of those particular substances, which enter into, or have been supposed to enter into, their several compositions, as far as they have come to my knowledge, forms a component part of my medicine.

In the year 1816, when the Tincture began to be generally known and approved of, I received a communication from the Right Honourable Lord Henniker, relating to an invitation from his Lordship, to divulge the secret of the composition of the Tincture to his Majesty's physicians. Influenced by various motives, which his Lordship deemed satisfactory, I was obliged to decline his suggestion. I beg to insert the

communication which his Lordship did me the honour of making; together with the reply which I thought it my duty to make, that my motives may be duly appreciated by the public.

Grosvenor-square, London,  
July 16. 1816.

SIR,

Although I have not the pleasure of being personally known to you, I trust that I may consider myself not altogether a stranger, from my connexions with some part of your family, at Worlingworth.

Mr. Barlee, our late rector there, made me a present of your book, which I mentioned to Sir Henry Halford, under whose care I have been. He observed that he had a good disposition to recommend the medicine to the Prince Regent, but that he dare not recommend any medicine to His Royal Highness without a knowledge of the ingredients; and that he thought such a communication might be made to him as a man of honour, bound not to divulge the secret. If this came in the shape of a request from His Royal Highness, perhaps, you would be inclined to give the information to Sir Henry Halford, whose character for all that is good, is so well known, that it can gain nothing by my testimony.

Perhaps, it may occur to you, that it might be the means of stamping a lasting celebrity on the medicine, and ensure a more extensive circulation.

Should your sentiments not be conformable with

the above, I have to request your forgiveness for the well-intended trespass I have ventured upon, with the hope of being of utility to His Royal Highness and yourself.

I am, with great respect,

Sir,

Your obedient humble servant,

HENNIKER.

Dr. Wilson, M.D., Yoxford,  
Suffolk.

To this note I returned the following answer:—

Yoxford, Suffolk, July 24, 1816.

MY LORD,

I feel myself much honoured by your Lordship's letter of the 16th instant. Your Lordship's known liberality, as well as that of the very honourable and highly respectable person, whom you propose to me as the depositary of my confidence, demanded a pause for mature consideration. I have availed myself of the time that has elapsed for this purpose; and, in my decision, I have called to my assistance the best faculties of my mind and understanding. I may have decided wrong; but, to your candid construction, and to that of the eminent physician to whom you allude, I commit the motives of my determination.

My anxiety to obtain your Lordship's good opinion,



and that of Sir Henry Halford, will be best evinced by the sincerity of the detail of some of those motives, which cannot be duly appreciated, without some short account of my professional situation and domestic arrangements in life.

From family circumstances, I very early in my professional life, lost almost every hope of pecuniary assistance; and, except the opportunity afforded me of a medical education, at Edinburgh, my expectations in this respect were ended. From this University I received my diploma, in the year 1800. But, my Lord, it was at that time but an empty honour; and I was obliged to fix myself in my present situation as a general practitioner.

The leisure afforded me from the duties of my profession has been employed unremittingly in the acquirement of medical knowledge. Many, and laborious, and expensive experiments of various descriptions, at length rewarded my toils in the discovery of my present medicine. To the public I have committed it with confidence, and to the public do I look with the same confidence for a remuneration.

Something, with reference to a parliamentary reward, I have touched upon in my little work; but, unaided by the patronage of the great or powerful, to obtain this was impossible. No other patron, therefore, was left me but the Public.

The medicine has for a time been struggling into notice, at a very considerable and inconvenient expense to me. I now begin to feel the sweets of reward

in its extended, and still extending, sale, amounting, at present, to nearly eight hundred pounds per annum\*.

Under the circumstances in which I am placed, with all the relative duties which I am called upon to fulfil, I do most confidently appeal to your Lordship's just and candid feelings, whether this income should be lightly risked or indiscreetly trifled with, so as to put it in the slightest peril?

Would His Royal Highness the Prince Regent, if Sir Henry Hallford, upon trial, (which I fear not) should give my Tincture the sanction of his medical reputation, be induced to recommend it for a parliamentary reward? And could I be in any way guaranteed in such a reward, of from eight to ten thousand pounds? How an arrangement of this kind could be made, is in its details, much better known to your Lordship and Sir Henry, than to me.

But, my Lord, were Sir Henry made acquainted with the composition, he would still feel certain difficulties in ascertaining the precise medical virtues of my discovery; and, in a great degree, he must, after all, depend upon my mere *ipse dixit* respecting them.

A point of ulterior difficulty, and of *delicacy* also, my Lord, still remains to be considered:—Whether, under all the circumstances of His Royal Highness's constitution, &c., it would be for his real advantage

\* Since the date of this letter, (1816) the sale of the Tincture has become still more extensive.

or that of my medicine, that His Royal Highness should employ it.

I can have no objection to your Lordship's communicating this letter to Sir Henry Halford. Indeed, I can wish to have no reserve (except one) upon this subject with so highly a distinguished character.

I will not apologize to your Lordship for the length of this letter, as you so kindly invited the discussion; and with many thanks for the very handsome manner in which you did so,

I have the honour to remain,

very respectfully,

Your Lordship's much obliged servant,

CHARLES WILSON. M.D.

To the Right Hon. Lord Henniker,  
Grosvenor-square, London.

To the above I received the following reply:—

Broad Stairs, August 5, 1816.

SIR,

I have received an answer from Sir Henry Halford, which adverts to the impracticability of a parliamentary reward "*in these times*," and I believe his observations to be well founded.

Notwithstanding the event has not been so satisfactory as I could have wished, I trust it may be more beneficial than otherwise.

It would give me great pleasure to pay my personal

respects to you, if I should be in the neighbourhood of Yoxford.

I remain, with great esteem,

Sir,

Your obedient humble servant,

HENNIKER.

Dr. Wilson, M.D.

I have learnt with great satisfaction, since the dates of the above letters, that His Majesty has received the greatest benefit from the use of the Tincture ; and that it is his never-failing resource, when attacked by the gout.

This correspondence with Lord Henniker, however, was not the first which I had concerning the case of His Royal Highness. Several months before the date of Lord H.'s first note, I received the following Letter from Lord Rous, (now Earl Stradbroke,) respecting the same subject :—

*Copy of a Letter from Lord Rous, regarding the administration of the Tincture to His present Majesty.*

Henham, January 28, 1816.

SIR,

I think so highly of your medicine, that I have taken the liberty to recommend it to His Royal

Highness the Prince Regent; and I have received an order to-day, through General Sir Benjamin Bloomfield, to desire that you will send some of it to Carlton House. I think you had better direct it to Major-General Sir Benjamin Bloomfield, at Carlton House; suppose six bottles; and if you have any observations to make on the use of it, beyond those in the printed paper, you will be so good as to make them, by letter, to Sir Benjamin, along with the packet. He states, that His Royal Highness has suffered much from his late attack of gout, the acuteness of which has now greatly subsided: but there is still much weakness and debility remaining.

I am, Sir,

Your most obedient servant,

Rous.

To Dr. Wilson, Yoxford.

It is well known in the circles of fashion, that His Majesty still retains a high opinion of the powers of the Tincture, and recommends it to all the Nobility, frequently condescending to send presents of it to such of his favourite friends as are afflicted with gout.

From the first I was, of course, aware, that by keeping the composition of the Tincture secret, I exposed myself to some degree of censure, even from the more liberal of the profession. At the

same time, I may say, that to the coarse and low abuse of the illiberal part of it, I am perfectly invulnerable. To such no apology, no extenuation, no explanation is due. My appeal lies from the tyranny of custom to the common reason and common equity of mankind.

It may be remarked, that if, in the course of medical practice, any discovery is incidentally made, which promises to become of high advantage to society,—liberality appears to demand, that it should be immediately and unreservedly communicated to the faculty. Such discoveries are a common stock, open for the benefit of all. The circumstances of the present case are, however, of a very different kind.

To the thinking and liberal part of the medical profession, I might urge the sacrifices which I have made, both of property and time, in conducting a course of experiments wholly unconnected with the usual routine of medical practice, and that some remuneration should be expected for my labours; that only two sources of compensation are open to me, the government of the country, and the people at large; and that the former, before it can be obtained,

requires a vast pecuniary sacrifice, which I am unequal to make ; besides a parliamentary interest, which I do not possess.

Taking all this into consideration, therefore, I conceive that I have a justifiable right to appeal with confidence to the Public ; as whatever discoveries any man is able to make, are as much his property as the estate which he purchases or inherits. Society has certainly a right to enjoy the benefit of his labours, but his labours have a rightful claim to be rewarded in return ;—“ the labourer is worthy of his hire.” Besides, no system of remuneration can be more equitable, than that by which it is derived from the individuals who receive the benefit ; a principle, indeed, on which almost all the intercourse of society is conducted and maintained \*. I beg leave further to refer to the ge-

\* On the propriety of concealing the composition of this remedy, the Gazette of Health makes the following remarks : “ It is unquestionably for the benefit of invalids, that the medicine should be properly prepared, and as the reputation of the physician who recommends it greatly depends upon its producing the effects which he ascribes to it, it is his duty to see that it is made of the best ingredients, and that the preparation has been properly conducted. The careless

neral reasons usually adduced in Parliament in support of the rewards granted by the two Houses to meritorious individuals, whose discoveries have been of great public utility. Every word there uttered, upon such occasions, supports my claim. The strength, the propriety, and the justice of those arguments, I submit to my country.

As to the value of a secret medicine, it is a practical question to be decided by fact, and cannot be estimated *à priori*, or by theoretical speculation. In proportion as the benefit de-

manner in which medicines are compounded in the shops of many apothecaries in London and in country towns; and the substitution and adulteration of drugs, which prevails to an alarming degree, endangers equally the reputation of the prescriber, and the life of the patient. *The Public are sufficiently enlightened on the subject of medicine to be aware, that the opposition which secret medicines have experienced from the faculty, arises entirely from interested motives.* Dr. Wilson will, no doubt, experience his share of abuse from this *liberal* body; but the *odium medicum*, which he may incur on account of preparing the medicine himself, will elevate him in the estimation of every person that is capable of reflection. So far from blaming Dr. Wilson for concealing the name of the plant from which it is made, the thanks of the Public are due to him for superintending the preparation of it."



rived from the exhibition of a medicine exceeds the evils which may result from its use, when taken agreeably to the prescribed directions, it possesses a value to the patient, which is just the same whether its composition be known or remain a secret\*. Upon this plain and self-evident principle I have relied, for the decision of the Public upon the merits of the Tincture; nor has the result disappointed my expectations. It has been tried in many thousand instances during upwards of *ten years*,

\* I apprehend, that the circumstance of a medicine being a secret, does not of itself create an objection to its being employed in practice. All medicines, even the most simple, may be deemed secrets, inasmuch as we are ignorant of the principles upon which their agency depends. No one has yet attempted to show how rhubarb purges, or how ipecacuanha excites vomiting. It is sufficient for us to know, that it really possesses valuable properties; that its use is safe; and that we are well enough acquainted with its effects, to enable us to employ it to advantage. And this is all the patient who takes, or the physician who prescribes it, need be solicitous about. It would, indeed, be highly absurd, as well as cruel, to withhold a remedy from the afflicted, that offers an almost certain and immediate relief, merely because we are ignorant of the name of the plant which it is extracted from; the discovery of which is not essential to the knowledge of its properties.—DR. JONES.

without either producing injurious consequences, or failing in its effects, unless in a very few instances indeed; and those chiefly where the rules prescribed have been violated; or where it has been used in cases, to which I have never professed to deem it applicable, and in which the patient has expected from it that kind of relief which has never been promised.

The Author can even assume higher ground, and plead the example of the Royal College of Physicians, in London, for prescribing a medicine, the composition of which is kept secret. In the case, for instance, of several of the medicines introduced into the London Pharmacopœia, it is expressly stated, that the plants which they are derived from, are still non-descript, or unknown to the College; and yet they hesitate not to recommend their employment. Among these non-descript and unknown medicines, are calumba, kino, myrrh, and sagapenum \*, all of which are

\* The following extracts from the Pharmacopœia will prove the correctness of the remarks in the text:—

“ Calumbæ Radix. *Plantæ adhuc anonymæ Radix.*” p. 8.

“ Kino. *Arboris nondum descriptæ, Africanæ, Extractum.*” p. 14.

“ Myrrha.

medicines of considerable value ; and the College, accordingly, was too sensible of their good qualities, to discard them, on the trivial grounds that they were ignorant of their origin. For the same reason, though the composition of the Tincture is kept secret, yet is it not on that account to be discarded, when it has been so extensively proved to be efficacious and innocent.

“ Myrrha. *Arboris nondum descriptæ Gummi-resina.*” p. 16.

“ Sagapenum. *Plantæ nondum descriptæ Gummi-resina.*” p. 19.

I am aware that kino has been said to be produced from the *Butea frondosa* ; (see Roxburgh's *Plants of Coromandel*, v. i. 22, t. 21 ; and *Pharmacop. Dublinensis*, page 29 ;) but so far as I know, the others are still unknown, and even the kino is doubtful.

## OBSERVATIONS

ON

## GOUT AND RHEUMATISM.

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BEFORE the cure of any disease is attempted, it is indispensable to have an accurate knowledge of its nature and symptoms, and of all the various forms which it may assume, together with the age, the temperament, the habits of life, and the constitution of the patient; as each of these must be carefully taken into account in regulating the doses of medicines both in quantity and frequency of repetition, as well as in directing the auxiliary regimen and prescriptions during convalescence, and for subsequent prevention. With this view, all the circumstances and phenomena attending Gout, in its several

forms, shall be stated as briefly and perspicuously as possible, in order to furnish both popular and professional readers with the information which is indispensably requisite for the successful employment of the means of cure peculiar to this work. The want of attending to this has indeed, in some instances, raised doubts concerning the efficacy of the medicine; though the alleged failure was solely to be attributed to the improper method in which it was administered, both as to the doses, and the auxiliary and after-treatment. In some instances, for example, erysipelas, or simple inflammation, has been mistaken for gout, and the medicine taken accordingly, and failing to cure these affections, its powers have been very unjustly discredited. Proper attention to the following details, will prevent all such injurious errors and mistakes.

#### THE ETYMOLOGY OF GOUT.

The word Gout is derived from the Latin, "Gutta," "a drop;" because, among other

sensations, the sufferers under this disease often imagine that the pain is caused by a continual *dropping* of some humour into the joints affected. This etymology of its name is by no means peculiar to the Latin tongue; for a similar analogy, as to sensation, is expressed by the names given to this painful disorder in all the languages of Europe. The Greeks called it *Arthritis*, or *Joint-pains*, which includes Rheumatism; our Saxon ancestors, among whom it was common, called it *Fot-adj*, or *Foot-evil*.

## THE CHARACTER OF GOUT.

Gout is a constitutional disease, indicated by periodical returns of pain and inflammation in one or more of the joints or tendons of the feet, hands, and other parts; for the most part associated with fever, and most commonly preceded by some premonitory symptoms; or alternating with affections of the stomach, or of other internal parts.

Dr. Cullen, who is still usually regarded as a

high authority in the schools, has given the following definition of gout :—

GOUT.—An hereditary disease, arising without any evident external cause, but for the most part preceded by an unusual affection of the stomach ; fever ; pain of a joint, and for the most part of the great toe, at least affecting chiefly the joints of the feet and hands ; returning at intervals, and often alternating with affections of the stomach or of other internal parts.

Against this definition several objections have been brought. It has been said that Gout is more frequently acquired than hereditary ; that it has often an evident external cause, such as bruises, sprains, &c. ; and that it frequently attacks not the joints, but the tendons and bursæ mucosæ of the feet, hands, and other parts. Fever, besides, is by no means uniformly present. The former parts of the definition best agree with the first attacks ; but the conclusion, which speaks of alternating with affections of the stomach and other internal parts, appears to refer to that variety of gout which will

hereafter be described under the name of Chronic. Upon the whole, it may be remarked, that Dr. Cullen's definition does not so much describe what gout is in every case, as it enumerates a variety of characters which it frequently assumes. With these exceptions, the definition is nearly as correct as we could expect it to be in the brief outline of a nosological arrangement.

Gout seldom attacks females in any stage of life, nor males under twenty-five years of age, as the plethoric state of vessels which appertains to gout does not take place so readily in females as in males. To this, however, there are many exceptions. The annals of medicine furnish several cases both of hereditary and acquired gout, in which the disease supervened before the age of twenty; and also many cases in which females were affected with it. When females are the subjects of gout, they are generally of a robust and full habit. When it appears early in life, it is always in those persons in whom the hereditary predisposition is



very strong; and to whom the exciting causes, to be hereafter mentioned, have been very actively applied\*.

It is observed, that gout seldom attacks persons employed in constant bodily labour, or persons who live much upon vegetable aliment. It is also generally allowed to be less frequent among those people who make no use of wine, or other fermented liquors.

#### THE VARIETIES OF GOUT.

Gout is said to be regular or irregular. The principal circumstance in what is termed *Regular Gout* is the inflammatory affection of the joints: and such symptoms as we can conceive to be connected with, or to depend upon, the disposition which produces that inflammatory

\* “A gouty parent had twin sons, who grew up like himself, stout and well made. Both the sons much resembled the father in corporeal characters, but not in turn of mind, and they led very different kinds of life. One lived at home with the father, fell in with his tastes and habits, and early exhibited unequivocal symptoms of gout. The other son's destiny obliged him to lead a life of temperance and activity. He was never affected with gout.”—*Lettres de Loubet*, p. 132.

affection, but without its taking place or being present at the same time, are indications of what is termed *Irregular Gout*.

Among the Greeks, this disease underwent a regular classification according to the limb or part of the body which became affected. Thus *Podagra* signified gout in the foot; *Chiragra*, in the hand; *Gonagra*, in the knee; *Pechyagra*, in the elbow; *Dentagra*, in the teeth; *Cleisagra*, in the articulations of the collar-bone; *Omagra*, in the shoulder; *Tenontagra*, in the sinews or tendons; and *Rachisagra*, in the articulations of the backbone or spine.

Gout has more properly, however, been divided into *varieties*, according to the several modifications which the disease occasionally assumes. The most perspicuous and convenient division seems to be into Acute, Chronic, Retrocedent, and Misplaced Gout. The phenomena of each of which shall be described in order.

#### THE HISTORY OF ACUTE GOUT.

Dr. Cullen has given the following definition of *Acute Gout*:—

GOUT (REGULAR).—With a sufficiently strong inflammation, continuing for several days, and gradually receding, with swelling, itching, and desquamation of the affected part.

To this definition it may be objected, that the gout is not the less regular because it is of long duration, or frequently changes its seat; the swelling is not usually deferred till the inflammation begins to abate; and the desquamation of the parts affected is not sufficiently frequent to serve as a characteristic description. The Gout, even where perfectly regular, admits of such variety in the part affected, the duration of the fit, and many circumstances with which it is attended, as scarcely to be described with accuracy in any definition. It is necessary, therefore, to give its history in more ample detail.

A paroxysm or fit of the Gout, (more especially in its first invasion,) sometimes comes on suddenly, without previous warning. The patient, after retiring to rest apparently in good health, is very unexpectedly awaked in the middle of the night by the agony incident

on the commencement of an attack. But the paroxysm, more generally, is ushered in by various symptoms, which for several days indicate its approach. The feet cease to perspire, and are unusually cold. There is often a numbness, alternating with a prickling sensation, in the lower extremities, the muscles of which are affected with cramps, and the veins appear full and turgid. After slight exercise, there is commonly experienced an unusual stiffness, weakness, or tenderness in the joints of the lower extremities, more particularly in that limb which is about to be principally affected.

While these symptoms shew themselves in the limbs, a general languor, or torpor, pervades the system; sometimes accompanied by great depression of the spirits, and much nervous irritation: and the functions of the digestive organs are usually much deranged. The appetite is increased, diminished, or irregular; and heart-burn, acidity, pains in the region of the stomach, flatulency, oppression after meals, and other symptoms of indigestion, prevail. In

general, the secretions are very deficient and unhealthy for some time before the attack: the bowels become obstinately costive, and the urine scanty and high-coloured. In some instances, however, a diarrhœa prevails; and, in nervous habits, the urine is copious and of a pale colour. These several symptoms take place, in a greater or less degree, for several days before the commencement of the paroxysm, but frequently, for a day or two immediately preceding it, the appetite is keener than usual, in consequence of the gastric irritation, arising from acidity or unhealthy secretion in the stomach.

In some instances the patient is warned of an approaching fit by a gradual increase of abdominal corpulency and general fulness of habit; in others, by a cough and troublesome expectoration; whilst in others, great irritability of the urethra and neck of the bladder, with much mucous discharge from the membranes proper to these parts, precedes the paroxysm.

The first attack of this disease is generally

made in the spring of the year. This may be sooner or later, according as the vernal heat succeeds the winter's cold; and doubtless, too, as the patient may happen to be more or less exposed to the vicissitudes of the weather.

The paroxysm sometimes commences in the evening; but more frequently the patient is roused from his sleep about two or three o'clock in the morning, by a pain which affects one foot, generally in the great toe, the ball or first joint being the part which is usually first affected: but other parts of the foot, also, are liable to be attacked. Sensations of heat, stiffness, and weight, are immediately perceived in the affected joint. These symptoms are more or less accompanied by a cold shivering, which abates as the pain increases, and is succeeded by heat, thirst, and all the usual symptoms of fever. The surface of the part affected is at first only slightly red and shining; but with the increase of pain, assumes a vivid scarlet hue; and the veins in a direction from the inflamed part appear unusually full. The surrounding

integuments also become swollen, and pit slightly on pressure ; and a most intense sensation of throbbing and burning pain is speedily perceived. The pain and fever continue, with great restlessness, for several successive nights ; with more or less abatement of the symptoms every morning ; when a gentle perspiration comes on, and the exhausted sufferer obtains a slight repose. In this alternation of relative ease and misery several days are past, so that a fit of the disorder may be said to be composed of several short fits ; till, at length, the inflammation by degrees disappears, and the pain ceases ; the tumefaction, also, gradually subsides, and the patient recovers his former health and spirits.

When, however, the paroxysm goes off, there is usually much itching in the affected part ; the cuticle suffers a desquamation, and a tenderness remains, which is in proportion to the severity and duration of the attack.

The pain of the gout is most excruciating, and is of so peculiar a nature as hardly to be

compared with that arising from any other disorder. Some patients imagine that a corrosive humour is in the act of dropping into the joints affected ; others, that dogs are gnawing them ; some, that a wedge is driven forcibly between the bones ; or that they are cut asunder by a saw ; others, that the joint is mangled by a knife, or bored by a gimblet ; others, that the sinews are upon the rack, as if in the act of being torn asunder ; and many, that they are burnt by red-hot irons, or scalded by boiling lead ! But these pains cannot be said to be alike, in degree, in every case or paroxysm.

In a first fit of the gout, and also in some subsequent attacks, there is frequently no sensible disturbance of the digestive organs. In very slight paroxysms, the influence of the disease over the system is so moderate, that patients sometimes imagine they have only received a sprain, or some slight local injury : but in severe paroxysms, the functions of the stomach are always more or less disturbed, as may be known by a furred tongue, loss of appetite, sour



eructations, nausea, and occasional vomiting of an acrid, bilious or acid matter; flatulency, occasional spasms, and various other uneasy sensations. The bowels, too, are generally torpid, and their contents dark coloured, foul, and offensive; sometimes, however, they are clay-coloured, and much loaded with vitiated mucus. The urine, which is scanty in proportion to the patient's drink, is of a much deeper hue than what occurs in a healthy state, and deposits a pink or brick-dust coloured sediment, sometimes with much mucus. It is, also, often passed with considerable irritation, frequency, and sense of heat.

The nervous system, likewise, is in a high state of morbid excitement, and the temper becomes so irritable, that Sydenham observed, "that every paroxysm may be as justly denominated a fit of *anger*, as a fit of the gout\*."

After successive and repeated attacks, the

\* Some patients inform me, that in their most painful fits, they suffer still more distress from nervousness and general irritation, than from the pain itself.

disposition to gout in the constitution increases, and the constitutional nature of the disease at each successive period becomes more and more manifest. The paroxysms, which at first continued only for a few days, become protracted to weeks, and even to months. The different periods of their return, also, are accelerated; and, instead of returning once in two or three years, they become annual, and, subsequently, occur twice, or even three or four times a year; till, at length, the intervals of ease are so short, that the patient hardly enjoys any respite from his sufferings, except during the hot months of the summer season.

The progress of this distressing complaint is also denoted by the parts affected. The first attacks of gout are generally confined to the great toe, or to the parts of the foot in its immediate neighbourhood, but in succeeding paroxysms the disease seizes upon the heel, the instep, the ankles, the knees, the elbows, the wrists, and the joints of the fingers; removing occasionally from joint to joint, and sometimes

affecting two or more of these at the same time, although seldom with equal severity. The shoulders, hips, and other larger joints, become next affected; and at length the disease not unfrequently attacks those membranes which form the coverings to the vital organs.

The frequency of the return of gouty paroxysms depends much on the susceptibility of the constitution to the disease; also, on the degree of observance paid to regimen; or the habits of life which happen to be pursued. In regard to the length of the interval between the paroxysms, Sydenham has observed, that according as the immediately preceding fit has been more or less severe, the succeeding attack comes on in a longer or shorter space of time; for if the last fit has proved violent, the next will not attack the patient till the same season of the year returns. In allusion to this observation, it has been justly remarked, that the benefit of a longer respite is in this manner dearly purchased; nor is the advantage certain. A long and violent fit is often succeeded by another of equal mag-

nitude in the same year. Some relate that when they have enjoyed an unusual interval from a fit, any slight cause will serve to excite an attack.

It may with little exception be stated of the gout, that it acquires strength with each returning fit, both as to the number of parts which it attacks, and as to the duration and degree of suffering; also, that it does not, like some chronic diseases, wear itself out by repetition, or yield to the friendly power of time. Both constitutionally and locally, also, the susceptibility to the disease increases. *A premature old age comes on; and, together with crippled and painful limbs, the nervous system is so enfeebled, that both mind and body grow less equal to sustain the conflict.* Such is the melancholy, but faithful, portrait of the disease, when it is permitted to pursue its natural course; such is the sad and certain tyranny of neglected and encouraged gout.

#### OF CHRONIC GOUT.

Chronic gout occurs most commonly as an ultimate form of the disease, when the constitu-

tion has been so much weakened by the repeated attacks of acute gout, that severe inflammatory action can no longer be induced. It follows, therefore, that though the gouty disposition prevails in the system, it does not give rise to the usual degree of inflammation in the joints. When pain is present, it is for the most part only slight and wandering, and the severe paroxysms, which formerly occurred at distant intervals, are now succeeded by others, which, though milder, are more frequent and irregular.

I would define *Chronic Gout* to be a continued swelling or distention of the parts affected, or permanent œdema, with slight redness of the skin, pain and other inflammatory symptoms, wandering, irregular, and not so violent as in the acute variety; while there are no indications of a crisis or termination. It is usually attended with deranged digestion, nervous irritability, a languid and labouring pulse, and oppression of the spirits; some of which symptoms are perhaps as much the cause as the consequence of the disease.

This form of the disease sometimes occurs in

patients who have never been afflicted with acute gout. In such cases, females have chiefly been the subjects of attack; and, generally speaking, the pain and inflammation affect the hand, the wrist, the instep, and the ankle, in preference to the ball of the great toe.

In this, as in the acute form of the disease, the paroxysm generally comes on in the night; but the sensations in the part affected, instead of being of a constant burning nature, are rather those of an alternate change from heat to cold. In parts affected by chronic gout, there are, also, sensations of fulness, numbness, and weight; at the same time that the muscles, ligaments, and tendons proper to these parts, are, from weakness, unable to perform their offices. The surface of the affected parts (more especially when the knee is the seat of the attack) undergoes but little change as to colour; assuming only a pale red appearance, sometimes inclining to purple. In cellular situations, as in the vicinity of the ankle joint, the œdema or swelling is very permanent, and the neighbour-

ing veins are considerably distended. Moreover, even in the most favourable cases, the least unaccustomed exertion, causes heat and achings in the parts affected. In the ankle joint, especially, such sensations are peculiarly distressing. These parts, likewise, are often so tender to the touch, that, on the slightest pressure, most violent shootings are experienced. With this form of gout, rheumatism is often blended, and the patient is extremely susceptible to every vicissitude of weather, and especially to wet, and to damp cold air.

The constitutional symptoms are chiefly affections of the digestive organs: such as a diminished or depraved appetite, nausea, vomiting, flatulency, oppression after meals, sour eructations, and heartburn; with pain, and sometimes a sensation of extreme cold, in the region of the stomach. These symptoms are frequently accompanied by transient spasms and cramps in various parts of the body\*; also by colic pains,

\* Dr. Cullen says, that when these pains and cramps affect the trunk and upper extremities, they are occasionally relieved

and a costive state of the bowels ; though sometimes diarrhœa, with colic pains, prevails. In addition to the above symptoms, the liver is generally torpid, and the bilious secretion deficient and unhealthy. The urine is sometimes abundant and pale ; and at others, high-coloured, and sparing in quantity. In the morning it is often loaded with mucus, and deposits much sediment of a pink or brick-dust appearance.

With the disordered condition of the alimentary canal, hypochondriasis commonly prevails. This is evinced by dejection of spirits, and great anxiety about trifling objects, from which the patient apprehends danger or inconvenience.

In chronic gout it is also not uncommon for the thoracic viscera to be more or less affected. On such occasions, cough, asthma, palpitations of the heart, and faintings occur. But these

by the discharge of wind from the stomach. *Cramp*, although a symptom only of a morbid condition of the nervous system, and usually depending on an unhealthy state of the chylopoietic viscera, is with some gouty persons so urgent a suffering, as to form the feature of the disease which chiefly engages their attention.



disorders, when purely sympathetic, readily yield to the treatment adopted for the removal of the gout. The head, too, in many instances, participates in the general derangement. In such cases, headachs and giddiness occur; and these are often the precursors of paralysis and apoplexy. Under such distressing circumstances, sleep, so far from affording refreshment, is much disturbed by frightful dreams, and the unhappy sufferer awakes in a state of greater apparent fatigue and distress than when he retired to rest. It is no wonder, therefore, that the subject of chronic gout should be irritable in his temper; and that his imagination, influenced by bodily disease, should be feelingly alive to fancied evils.

The above is but a faint description of the sufferings attendant on neglected and unrestrained chronic gout. If not checked in its progress, by regimen and medicinal aid, the constitutional evils resulting from it render life intolerable: the only natural respite from the evils incident to this stage of the disease, being

of a very partial nature, and that merely during the short period of the summer season.

## OF RETROCEDENT GOUT.

Gout is said to be Retrocedent, when, after a fit has commenced in the usual manner, and the joints have begun to be inflamed, with every appearance of Acute Gout, the pain and inflammation suddenly cease, and some internal organ becomes instantly and violently affected. This variety has been called by others Metastatic Gout.

This form of the disease most commonly occurs in feeble and debilitated constitutions, which are liable to be affected by *spasmodic* rather than by inflammatory action. The stomach and intestines, from a sympathetic connexion existing between them and the extremities, are the organs most commonly affected by this retrocession.

When gout removes to the stomach, it produces sickness, vomiting, or violent spasmodic pain. When the intestines are affected, choleric pains with costiveness, and sometimes with

diarrhœa, occur; attended by sickness and vomiting\*. When gout is transferred to the brain, it produces giddiness, pain in the head, and lowness of spirits. In its worst forms, palsy, apoplexy, and mania, are the consequences. When the retrocession is to the heart, sudden faintings and palpitations occur; and when to the lungs, asthma is induced. In all these cases there can be no doubt but that the symptoms are parts of the same disease, however different the affection may seem to be in the organ which is attacked.

The most frequent cause of this variety of gout is sudden vicissitude of temperature applied to the whole body; or cold, of longer or shorter duration, applied to the affected parts.

#### OF MISPLACED GOUT.

In rarer cases the gouty disposition produces an *inflammatory* affection of some inter-

\* In *spasmodic attacks* of the stomach or bowels, the abdominal muscles are, for the most part, in a state of rigid contraction; and strong pressure on the abdomen affords some relief to the pain.

nal part; the symptoms of which are precisely the same with those usually attending the inflammation of the same parts from other causes. This is called by Cullen, Misplaced Gout. In such cases, the inflammation of the joints either has not preceded the internal inflammation, or, having preceded it, has quickly disappeared. In the latter case, the *difference of the affection* of the internal part will sufficiently distinguish Misplaced from Retrocedent Gout. When the chest is the part affected, inflammation of the lungs is induced; when the head is attacked, inflammation of the brain or phrensy, is the consequence; and when the transfer is to the abdomen, inflammation of the stomach, or bowels, takes place\*.

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With attention to the preceding history of Gout, it is presumed that it may be distinguished

\* In *inflammatory attacks* of the stomach or bowels, the tender state of the abdomen will not admit of the slightest weight or pressure, and a sympathetic fever is constantly present.

under all its appearances ; and that the patient who is attacked by a *regular* paroxysm, will have no difficulty in discriminating it from every *irregular* form of the disease.

#### OF THE PREDISPOSITION TO GOUT.

The well-known fact of parents transmitting to their children a state of constitution liable to be affected with peculiar diseases, is remarkable in consumption, scrophula, and madness, but in no disease more than in gout. It becomes, therefore, of considerable importance, both in distinguishing and in treating the disease, to attend to this peculiarity in its history.

*Predisposition* is that state of the body which renders it liable or capable of being affected by the gout, when one or more of the exciting causes are applied. The gout, indeed, may perhaps not improperly be said to exist without an exciting cause ; yet it is necessary that, at the same time, the state of the body be such as to admit that cause to take effect, or, in other words, to excite the gout.

The persons whom gout most frequently visits are ROBUST MEN OF FULL AND CORPULENT HABITS. A plethoric state of the body usually precedes the invasion of the disease; and is that condition of the system which is most preparatory to the operation of the exciting causes. It is remarkable, that persons of this habit of body are also predisposed to apoplexy; whence it frequently happens, that gouty people are suddenly taken off by apoplectic fits. This is more particularly the case at an advanced period of life, when the disposition to gout is often superseded by a tendency to apoplexy.

As children very commonly resemble their parents in bodily conformation and constitution, the gout may very justly be deemed a hereditary disease; though frequently it is wholly acquired, without any hereditary predisposition. When, however, this hereditary predisposition does exist, the disease seems to be produced by less powerful causes than would otherwise call it into action: and, in some instances, the predisposition has been observed to be so strong, that

no other excitement has been required to produce gout, than what seems essential to the support of ordinary health.—Dr. Cadogan is almost alone in denying gout to be hereditary; yet there are so many instances of its having been acquired, that it would be wrong to define gout, as Cullen has done, to be a hereditary disease.

#### OF THE EXCITING CAUSES OF GOUT.

As the removal of the causes of a disease, is always one of the first indications of cure, it becomes of the greatest moment to investigate these. Nor is it less important for the treatment during convalescence, and for prevention, to avoid the causes which appear to have induced the original attack.

In all persons pre-disposed to gout, it appears to be excited by every cause which increases THE FULNESS OF HABIT—INDUCES DEBILITY—OR DERANGES DIGESTION. It is necessary to state distinctly what these exciting causes are, that the patient may be instructed to avoid every

thing which might in any way operate to produce this dreadful malady ; or which might, when once it has been produced, possess the least tendency to excite it again into action.

The most frequent and general exciting cause of gout is the free use of wine, spirits, beer, or any other fermented liquor. This remark applies not only to intemperance, but to the daily use of fermented liquors by persons of a full or plethoric habit of body, even in such quantities as might otherwise be deemed moderate. On this subject, perhaps, I cannot better communicate my sentiments, than in the following excellent observations of Dr. Sutton\*.

“ Corporeal, as well as moral, habits, are more formed by what is daily acted, than by what is unfrequently done. Habit is the disposition to the same thing, whether of activity or inaction, which has been acquired by being frequently and perseveringly undergone ; and, whatever is slow in being attained, whether to cause a habit, or a disposition to a disease,

\* *Tracts on Gout, &c.*



which may be considered to be a strong tendency to certain definite morbid actions, or frequently a disease itself, will be sooner accomplished by daily efforts towards those ends, than by unfrequent and intermitted exertions. A person attains to any accomplishment of activity or strength, much more by daily exercises of short duration, than by the aggregate of the same time employed for that purpose only one day every fortnight. Habits also of such a nature as are neither agreeable nor desirable, are sooner formed by daily opportunities of action, than they could be by unfrequent and accidental effort. In like manner, a moderate quantity of wine, or fermented liquors, drank every day, is more liable to ingraft a disposition to the disease in the habit, or to produce the gout, than the sum of all these quantities taken unfrequently, and casually.

“ The moderate indulgence in wine and other fermented liquors, is certainly harmless, in a moral point of view, though pernicious to the gouty ; but necessary, to a certain extent, to

the laborious. It may aid these in their toils, and their labours tend to render it innocent. But arthritics are not persons in situations of life who undergo continued laborious exertions. What they may undertake in this way, is intermitted at will, and irregular: labour is not necessary to them, and therefore they will not submit to it: as a remedy, on these accounts, for the gout, it can be very unfrequently employed. The principle which opposes the gout, in the laborious, grows up gradually with their exertions, and is kept in its full spring and vigour by employments, allowing very little intermission; the fatigue which is daily undergone is thrown off, by the ordinary cessation from labour, and by refreshing sleep; and the morning is ushered in without any perception of inconveniences arising from the toilsome efforts of the day which is just past. This, therefore, is the sort of labour which opposes the gout. But this is the labour to which the wealthy will not submit; and, therefore, to attain the same end, they must be contented to resign some of

their habitual and unnecessary indulgences, or submit to the consequences which arise from them."

Not only the quantity, but the quality, of fermented liquors, has a close relation to the power of exciting gout. Champaign seems to have the worst consequences in this respect,—so much so, that a single glass of this wine will sometimes bring on a fit of gout, when Madeira or Sherry may, by the same individual, be used moderately without any immediate effect of this kind. It may be remarked also, that Claret, Burgundy, or new Port, are very apt to cause gout, both because they tend more to produce heat in the system, and because they are more ready to run into acidity in the stomach and bowels, and to give rise to irritation in the whole alimentary canal, in consequence of which the foot, or other parts predisposed to gout, suffer from their sympathetic connexion with this irritated state of the bowels. Home-made Wines, Cider, Perry, and Malt Liquor, are not so apt to induce gout as gravel; and Ardent Spirits

rather tend to bring on indigestion, dropsy, and liver complaints. It is to be remarked, however, that wine drinkers usually indulge more in high-seasoned food and made dishes, than the drinkers of Ale, Beer, Cider, and Ardent Spirits.

A constant, full, or excessive diet of animal food has also a powerful tendency to excite gout, in persons predisposed to its attacks. Those persons in particular, who accustom themselves to load the stomach with larger quantities of food than it can bear without pain or uneasiness, do this work very effectually, both by promoting the fulness of habit, and impairing the organs of digestion. The latter evil is also committed by many, who, though moderate in the quantity of their food, prefer aliments of a hard and indigestible nature; such as fat, oily, dried, or salted meats; or make too free a use of acids and acescents. Pickles and high-seasoned dishes, also, have a powerful tendency to promote gout, by the incitement which they afford to take more food than the appetite would other-

wise demand. For the more ready excitement of gout, it ought here to be observed, that fermented liquors are generally the accessories of a full or excessive diet.

Where the gouty disposition is very strong, it not unfrequently happens that a single excessive indulgence at table is followed by a paroxysm of gout.

It is familiarly known, that gout prevails in the various classes of society, exactly in proportion to the freedom used in animal food, fermented liquors, and other indulgences, to which they are habituated. Thus among the poorer classes in the country, gout is seldom or never experienced; whilst, in the higher ranks, both in town and country, there is hardly an individual who is not, either directly or remotely, affected by it. It is true, that the lower classes in London and other towns, are sometimes visited by this disorder; but these visitations may easily be traced to habitual indulgences and a general imitation of the luxurious living of the great.

Immoderate indulgences at table are particularly dangerous to persons of a gouty or plethoric habit, inasmuch as they not only excite gout, but also dispose, in a very great degree, to apoplexy, palsy, and inflammatory disorders. It is indeed fortunate for gouty individuals that their digestion is oftentimes interrupted by free living; for if all the food which they take into the stomach were (in the usual proportion) converted into nutriment, such a plethoric state of the system would soon be induced, as suddenly to terminate life.

Another material agent in inducing gout, when concurring with free living and other causes, is *Indolence*. By Indolence, in this sense of the expression, is meant, not only a state of useless inactivity, but so intense an application to sedentary employments, as does not admit of sufficient bodily exercise. By a sedentary, indolent manner of life, especially if it have succeeded one of activity, a fulness of habit is induced or promoted; and intense application to sedentary employments, being frequently as-

sociated with strong mental exertions\*, brings on corporeal debility and indigestion. These several states of the system tend much to the establishment of a gouty diathesis or disposition, and to the developement of gout.

A very remarkable and important fact may be adduced to shew the influence of active habits in warding off gout. In the city of Glasgow, almost the whole population are much accus-

\* "Pope Gregory the Great, one of the most temperate men of the age he lived in, and of an apparently sound constitution, but given, without relaxation, to the most severe studies, and intense application, suffered, during thirty years, from gout; in fact, the greater number of his works were written with two fingers, the only ones which gout had left him the use of!"—*Johnson on Gout.*

"Sydenham, who taught this doctrine, in some measure illustrated the truth of it by his own personal experience. In the dedication of his treatise on the Gout, which he wrote when he had been thirty-four years afflicted with that disorder, he apologizes for not writing a larger dissertation on the subject; and observes, that as his immoderate application to this undertaking occasioned the severest fit of the gout which he ever had, it was a caution to him to desist, which he did with reluctance; and to consult his own health. He therefore resolved to rest satisfied with the essays which he had written; for the gout constantly returned, as often as he attempted to proceed with the work."—*Ring's Treatise on the Gout.*

tomed to the daily exercise of walking: this, from the cleanliness of the streets, they prefer to riding on horseback or in a carriage; and there are hardly more than twenty private carriages and five hackney-coaches in or about the whole town. The consequence of this daily and healthful exercise of the limbs and body is, that although the inhabitants of Glasgow are equally luxurious in their eating and drinking with those of the metropolis, still, in proportion to the population, they are far less subject to gout.

That state of debility which, in plethoric habits, disposes to the attacks of gout, is also brought on by Cytherean as well as Bacchanalian excesses; by violent and unaccustomed exercises; by night-watching, whether for purposes of study, business, or pleasure; by sudden changes from a generous to a spare diet; by excessive evacuations of any kind; as also by anxiety or inquietude of mind.

Any violent emotion of the passions has a tendency to excite gout; probably by destroying the appetite, and impeding digestion. "Let



us suppose," says Dr. Cadogan, " a man in the best health, the highest good humour and spirits, as well as good stomach, sitting down to dinner with his friends, receives suddenly some very afflicting news. Instantly his appetite is gone, and he can neither eat nor swallow a morsel. Let the same thing happen after he has made a hearty cheerful meal; as suddenly the whole power of digestion is destroyed, and what he has eaten lies a most oppressive load upon the stomach; perhaps, as excess of weakness is often convulsion, it may be rejected by violent vomiting, or do greater mischief. For which reason, such strokes of distress are less hurtful upon an empty than a full stomach. But why is this? What connexion is there between a piece of bad news and a man's stomach, full or empty? Whatever the cause be, the effect is certain and invariable\*!" Effects somewhat similar are also produced by any other equally violent emotions of the mind †.

\* Cadogan on Gout, &c.

† " Stahl instances cases, where the effects of terror, and

Among the causes of gout, of frequent occurrence, are certain local irritations or injuries; whether arising from the pressure of tight shoes; over-walking immediately after a fit; violent strains; contusions; or blows inflicted upon parts that have been previously affected with gouty inflammation. These several local causes may sometimes occasion a first fit of gout; though, in order to produce this effect, it is necessary that a predisposition to this disease should exist in the constitution.

A patient just recovering from a paroxysm of gout, in the most favourable manner, experienced a severe relapse in consequence of a fall from his horse, although he sustained no other inconvenience from the fall than a slight general concussion, without any local injury.

The last exciting cause of gout which I shall enumerate, is *Cold*. Any sudden and continued exposure to cold, or any sudden change

also of anger, were so sudden in exciting a paroxysm of gout, that the patient could not walk, but was obliged to be carried from the spot to his bed.'—*Johnson on Gout*.

from heat to cold, especially when concurring with moisture, will induce gout in persons predisposed to the disease. Cold, thus incautiously applied, whether to the whole body, or to particular parts of it, as the feet and hands, especially when in concurrence with fatigue, is by far the most frequent cause of the returns of gout, in persons whose constitutions have already suffered by previous attacks. The north and east winds, with a humid atmosphere, are perhaps the worst forms in which cold acts upon the body. The learned Boerhaave gave particular attention to the subject of cold as an exciting cause of gout. He observes, that the north wind scarcely blows without occasioning to gouty valetudinarians a return of the fit. He also remarks, that a man who has a fit of gout in the spring, commonly continues in good health through the summer ; but about the end of August, he is troubled with an oppression in the stomach, and with eructations ; that he is full of wind and crudities ; and in that case, it is a common saying, that he is breeding gout. He then

becomes costive; his perspiration is checked, especially that of his feet; and Boerhaave declares, he has never known gout attack any one while he continues to perspire. First, the feet become dry, and the veins appear turgid; and these symptoms take place within a day or two of the attack\*.

#### OF THE NATURE OF GOUT.

Concerning the nature of gout, many different opinions have been advanced by ancient and modern physicians. I shall mention only a few. Hippocrates ascribed the disease to a corruption of the blood by bile and phlegm; Galen to a redundancy of humours, either blood, bile, or phlegm, separately, or in conjunction; and Ætius, to plenitude and debility. Paulus Ægi-

\* In proportion as the gouty diathesis is strong, and the constitution is unsound, so will the power of all the remote causes be more strongly marked. Thus, where the susceptibility is established in a great degree, every accidental exposure to wet and cold, and even the influence of the east wind alone, will more or less give rise to flying pains, and inflammatory gouty action.—*Scudamore*, p. 339.

neta supposed that it is caused by debility, and by an increased determination of blood to the ligaments of the joints. Mayerne supposed that gout arises from tartar, or some other saline or acrimonious substance, which corrodes the ligaments and integuments of the joints. Tache-nius was of opinion that it originates from an acid, produced in the stomach by fermentation. Mead imagined that gout is an effort of nature to throw off an intolerable load from the general habit, by depositing it in the joints. Oliver represented the gouty matter as an acrid substance which tears the vessels in pieces; curdling the synovia, and turning it into chalk; causing ankylosis, or stiffness of the joints; and inflaming and ulcerating the skin. Boerhaave ascribed the disease to a vitiated state of the nervous system. Sydenham observes, "that upon a thorough attention to the various symptoms of the disease, he judged it to proceed from a weakened concoction both of the solids and the fluids." Dr. Cullen, after advancing several arguments against gout being occa-

sioned by morbid matter in the system, considered it as an effort of nature to restore tone to the stomach and to the whole system, by exciting an inflammatory affection in some part of the extremities. Dr. Sutton considers the disease as depending upon some peculiar morbid action in the alimentary canal. And lastly, Dr. Scudamore ascribes it to a redundancy of blood with relation to the powers of the circulation, particularly as it affects the functions of the liver; also, to a morbid change in the secretions of the alimentary canal in general, and of the kidneys in particular.

When we consider this great diversity of opinions concerning the proximate cause of gout, among men the most eminent in their profession for learning, ingenuity, and experience, it is reasonable to conclude that but little is certainly known or determined on the subject. Diseases, in regard to their proximate causes, have baffled, and most likely will continue to defy, the most acute penetration of professional men: therefore, without attempting to dive into un-

fathomable obscurities, or pretending to explain what is in itself inexplicable, I shall proceed to the consideration of the consequences resulting from the above notions as to the proximate cause of gout; more particularly as some of these hypotheses have given rise to very erroneous practical consequences, and have been terribly efficacious in augmenting the sum of human misery.

On the one side it has been contended, that Gout is a salutary disease, and therefore that its cure, though possible, ought not to be attempted; on the other, that it is a disease of the whole system, and is therefore necessarily incurable. These positions are, however, at present, not only doubted, but denied, by the most eminent of the medical profession: and that they ought to be entirely disregarded by arthritic invalids, the following authorities and circumstances will fully demonstrate.

Dr. Heberden, who bestowed long and close attention on the subject of gout, has treated the first of these opinions as a vulgar error; like that by which the itch is reckoned wholesome

in some countries, and the ague in others. In the same way, the common people in Germany congratulate those who are afflicted with Piles ; believing, that this distressing disorder will infallibly protect them from other diseases more fatal to life. Dr. Heberden denies that gout is a critical discharge of pernicious humours, any more than rheumatism, palsy, or epilepsy. Still some people, on the attack of the disorder, fondly congratulating themselves on the completion of their wishes, dream of nothing but perfect health during the honeymoon of the first fit, and persuade themselves that they already experience important benefits. Dr. Heberden also observes, that when the functions of life begin to fail, such persons flatter themselves that they have a lurking gout in their constitution ; and that a proper fit of the disorder will restore them to their former vigour. This hope, however, is delusive ; and though novices in gout may thus flatter themselves ; those who have laboured under it for many years, will tell a different tale. Fits of gout,



returning annually for many years, have been known, by proper treatment, to have been long suspended, without the constitution of the patient sustaining the least injury. Hence, the notion of the renovating influence of gout is entirely erroneous. After a train of very ingenious reasoning, Dr. Heberden concludes *by wishing that it were as easy to discover an efficient remedy for Gout, as it would be safe to employ it.*

On the same subject, Dr. Kinglake has made the following acute and luminous observations in the Medical Journal, when treating of *Transferred Irritation*: “ It is difficult to imagine how it could be supposed that an afflicting form of disease could ever prove beneficial; but it is, perhaps, less extraordinary than the notion, that one disease should vicariously perform the services of another. It is yet to be satisfactorily explained, how it is possible that disease can improve the healthy state! Some diseases wear themselves out sooner than others: the spontaneous exhaustion of gouty inflammation

is a very tardy process, arising from the peculiar structure of the parts in which the diseased action is seated; hence it would be expecting too much, to calculate on its dissipation of its own accord in any time, that might not either seriously involve the structure of the diseased parts in irremediable derangement; or even the general health itself in deep, complicated, and irreparable disease. To foster and encourage gouty or any other species of morbid excitement for an indefinite period, seems to be refining too much on the remedial powers of disease, to be at all admissible in correct medical reasoning. That one diseased action will, occasionally, overcome another, may be true; but that any description of disease is preferable to a state of health, one would imagine is hardly conceivable by the most visionary theorist. The momentous fact is, that disease is an active condition of vital power, to which no precise bounds can be prescribed: its progress and issue, therefore, are always too anxious a concern to admit

of reposing any confidence in its salutary nature and tendency."

Dr. Sutton, a physician of great eminence, thus gives his opinion regarding the supposed salutary nature of gout: "A great change has of late years taken place, in respect to the general opinion concerning gout; and I conceive that a very considerable improvement in its treatment is likely to be the result. Several years ago, all those fears which Sydenham inculcated on this subject, were in their utmost force. At that time, the dread of disturbing the disease in its progress; a desire to encourage, rather than to suppress, a gouty paroxysm, under the impression that it was a salutary operation of nature; also, the supposition that gout was the grand cure for all other diseases; induced the patient to deliver himself up to the tortures of a most painful disorder, without a hope of any other relief, than that which nature should give by a gradual subsidence of the disease. These considerations were strengthened by the

dread of the interposition of art, fearing that it should prove highly mischievous, and interfere with those great benefits which the gout was supposed to promise."

"We ought not now to hold the disturbance of a fit of gout in the same dread which it formerly excited. This has, of late years, been so often attempted, and the fit entirely subdued, that it can no longer be considered as an experiment. If there had been any truth in the supposition, of actual morbid matter being thrown on the surface, occasioning the gout; and its retrocession being caused by disturbing the paroxysm, attended with serious effects, in consequence of internal parts being attacked, this could not have failed to have shewn itself in numerous instances, to the demonstration of many, and the destruction of not a few. But as this has not happened, and the instances of deaths from such supposed proceedings are very rare, the opinion cannot be entertained generally; and its unfrequent occurrence, as supposed, though vigilantly sought

after, *must excite doubts of its actually happening at any time.*"

The same learned and able writer thus refutes the argument which has been frequently adduced to prove the salutary influence of gout, *from the increased appetite and vigour which is often experienced by the patient on his recovery from a paroxysm.*

“ Some time after gout has made its attack, the appetite returns: hence the inference has been, that the gouty cause is thrown into the extremities, and has entirely quitted the stomach. But it has not been sufficiently adverted to, that *this disposition to appetite has come on after some days' necessary abstinence or fasting,* which either the torments of the disease, or the disordered state of the stomach, or both, have tended to occasion. Hence the digestive powers, after a sort of rest, have again acquired something of their pristine vigour; but in this state of things they are not immediately abused, nor would they be so acted upon without inconve-

nience. In such a state, every sort of food is generally more sparingly given, and is of a quality to be easy of digestion; and fermented liquors, if taken at all, are drunk in small quantities. Therefore, both an actual, and relative, respite of the load upon the stomach, from varied food and drinks, is the consequence of a fit of gout; the good effects of which are very apparent upon the digestive organs.

“ If gouty people would even imitate this sort of abstinence, occasionally, which is forced upon them by a fit of gout, they would, probably, find their advantage in such a proceeding; and similar good effects would ensue, in regard to a return of appetite, and other healthy feelings.”

There is, however, one method of deciding this controversy, more satisfactorily than by any appeal to the judgment of physicians. Those who have instituted and conducted offices for the Insurance of Lives, have been too much alive to their own interest, to ground their proceedings upon medical theories or popular opinions. These persons have taken care to accu-

multate facts, and to rest all their expectations for the future, on the experience of the past.

If, in any instance, these facts have been too few in number to afford a certain result, fresh ones must have been daily occurring within their observation, to affect their interests; consequently these must have induced them to correct every ill-founded opinion. At the same time, the competition between such institutions is too strong to permit them to demand a higher rate of Insurance than is required to furnish a moderate profit. But it is well known that these offices demand a greater premium from such as are subject to gout, than from those who have never suffered from this complaint. Therefore, the proprietors of such establishments act on an opposite principle to that of those persons who are willing to consider gout as a salutary disease, prolonging, rather than abridging, the duration of human existence.

If the foregoing opinions and facts should require additional confirmation, proofs may be adduced, in abundance, that gout, when left to

its own course, is the *never-failing precursor of many local and constitutional maladies*\*. It is true to a certain degree, that there are cases wherein a long series of gouty paroxysms has prevailed without the occurrence, in the same habit, of any other constitutional disease. In these instances, the natural infirmities of age are merely aggravated by the torture of gout; but there is

\* "The following is the general line of the march of gout. In *youth* the paroxysms are imperfect, or, as it were, *abortive*. During *manhood*, if the disease be not conquered, it will occur at gradually shortened intervals, in the form of *regular* gout. Then comes chronic gout; afterwards *fixed*, or *anomalous* gout; and, last of all, dangerous, internal gout, with the frost of old age."

"In respect to the disease itself, we see it set in, after various premonitory symptoms, and attack the extreme parts of the body, as the toes; in short, those parts that are the most distant from the vital organs. Here it stations itself for some years; but age approaches, or the patient becomes accidentally weakened, and then the enemy advances a step nearer the trunk, seating himself in the heel, ankle, tendo achillis, knee, wrist, or elbow. At a still more advanced epoch, the hips, shoulders, and other parts near the vital organs, become the theatres of gouty action; and then there is but one step more, and it assumes the form of anomalous gout, preying on the various tissues that cover or compose the important organs of the head, thorax, and abdomen."—*Johnson on Gout*.



every reason to believe, that even in such cases, life is greatly shortened by the disease.

It has been observed, that examples of the gouty life protracted to a great age *are comparatively rare* ; and may be said to appear *only in the chosen few, who, in strength of constitution, were formed for remarkable longevity*. Those who neglect the proper management of gout, are more liable to die prematurely ; and others, who reach a considerable age, having left the disease to its own course, *are afflicted with perpetual discomfort and frequent misery*.

That various afflicting and pernicious consequences, of a local and constitutional nature, do result from encouraged or neglected gout, I shall now proceed to shew.

#### THE CONSEQUENCES OF GOUT.

After the first paroxysms of gout, it is usual for the joints which have been affected, to recover their former suppleness and strength, but when it has made frequent and protracted visits, this complete recovery is no longer experienced,

for the joints becoming more and more stiff and weakened, at length lose the power of motion altogether, and irremediable lameness is the consequence. The certain consequence, as we have seen, of *neglected* gouty inflammation is, sooner or later, permanent debility and lameness; and, as we find by many melancholy examples, the patient, eventually, is often disqualified, by the crippled state of his limbs, for the degree of exercise which is equally essential to his health and to his comfort, even in so limited a state of enjoyment.

In many cases, after a frequent occurrence of the disease, concretions of a chalky appearance are formed in the vicinity, or in the cavity of the joints. These gouty concretions, which are chiefly composed of uric acid and soda, are, at first, deposited in a liquid state; but in the course of time, the watery parts being absorbed, a soft substance is left behind, which afterwards becomes hard like chalk. The deposition of this matter, and the formation of these concretions,

are great and frequent causes of the lameness experienced by gouty persons.

When this substance is deposited in a joint, the action of that joint is at first impaired; and at length entirely destroyed. When thrown into the tendinous sheaths, the motion of the muscles is obstructed. On the other hand, when this matter finds its way to the surface of the skin, troublesome, and often permanent, ulcers are induced.

The formation of these uric concretions, or chalk-stones, as they are improperly called, has tended much to confirm the opinion, *that there is a certain morbid matter always present in the habits of gouty persons.* It is imagined, too, that unless this matter is thrown off by the joints or other parts, in an uninterrupted paroxysm of gout, it will, in all probability, affect the vital organs, occasioning grievous mischief. This hypothesis, Dr. Cullen has ably confuted; by proving it to be altogether inconsistent with chemical philosophy, and with the laws of the

animal economy. The fact is, however, that physiologists have long since proved that the materials of which chalk-stones are composed, are not more abundant in the habits of gouty persons, than in those of other people ; but that they are occasioned by the mere local action of the inflamed parts ; in which action the system does not participate\*.

In most persons who have laboured under gout for many years, a nephritic affection, or

\* Dr. Sutton, in his tract on Gout, says, that he “ knows an elderly lady who has abundant *chalk-stones* about the joints of her fingers, who never had a fit of gout, nor any symptom indicating the presence of that disease ; and which is a proof that no general constitutional action is necessary to cause them, and that they are formed independent of any general arthritic action. The father of this lady was a martyr to gout, and appears to have transmitted to her that peculiar local organization necessary for the formation of chalk-stones. If, therefore, the causes of these concoctions are local, and derived mostly from the action of arthritic inflammation, but not necessarily depending upon it, the general preventive will be, to avoid, or quickly subdue, an arthritic paroxysm ; and the fear of such matter floating in the habit, and disposing to various evils, ought to be laid aside, without better proofs, than those from which it has hitherto derived support.”—*Dr. Sutton*, p. 232.

calculous disorder of the kidneys, is induced; which discovers itself by a train of most distressing symptoms. Such persons are alternately afflicted by paroxysms of gout, and by this deplorable malady, to so great a degree, that between such formidable enemies, they scarcely ever enjoy any entire freedom from actual pain, and other distressing symptoms.

Concretions of a similar nature are sometimes formed in the bladder, occasioning that most deplorable disease—*the stone*; though the gravel is of more frequent occurrence with gouty persons. With respect to a large proportion of gouty persons, indeed, it is a curious fact, that, in the history which they give of their constitutions, they state that before the invasion of gout, they were remarkably subject to the gravel; but that since the gout has supervened, they have been only slightly affected with that disorder. Many of my gouty patients relate, that, *at an early period of life*, they suffered in a very severe manner, from the gravel. Gout becoming, afterwards, their disease, the urine

for the most part ceased to furnish the crystallized sediment which we denominate the gravel; but abundantly supplied that which is pulverulent in its form, and of the pink or brick-dust colour in appearance. Few persons are afflicted by gravel, or by nephritic affections, during a paroxysm of gout; but in the intervals of attack, the former are of very frequent occurrence.

The children of arthritic parents generally inherit either gout, or calculous affections: but although these diseases may exist in conjunction in the parent, still there is no certainty as to the individual malady inherited by the offspring; some having one disease, and some the other, even in the same family. Nephritic affections occur most frequently in the female offspring of gouty parents.

An enlarged or distended state of the veins of the lower extremities, causing sensations of aching, fulness, and heat, frequently occurs after a long series of gouty attacks.

This varicose state of the veins is occasionally accompanied by purple cutaneous spots, and

sometimes by troublesome ulcerations of the skin. The hæmorrhoidal vessels likewise are often in a state of great enlargement, giving rise to that most inconvenient and distressing malady, the Piles, which are frequent concomitants of the gouty diathesis; and when they are attended with much occasional hæmorrhage, may be considered as one of the indications of fulness and obstruction of the circulation in the vessels of the affected part.

In gouty habits, we often see a host of anomalous eruptions; which either precede, accompany, or alternate with arthritic affections. Of these, Erysipelas, which attacks the face and other parts, is not of unfrequent occurrence; but this inconvenient and unseemly disorder is oftener present in women who are disposed to gout, than in men.

The constitutionally diseased affections produced by gout are various.

Hypochondriasis is a common consequence of frequent gout: and it is distinguished by a want of resolution and activity, with respect to all

undertakings ; a disposition to sadness and timidity ; and a gloomy foreboding as to future events.

The internal organ most frequently, and often most considerably, affected by gout, is the stomach ; which, in many instances, becomes permanently weakened\*. The bowels, likewise, participating in the disorders of the stomach, become irregular, and for the most part inert. The functions of the liver and kidneys, too, are always more or less disturbed ; their action being generally torpid : in some instances, a change of structure is produced in the former organ. This is not unfrequently the case where the patient is subject to very frequent and protracted attacks of gout.

Under the above state of disordered action, the kidneys and bowels not having sufficient energy to perform their accustomed offices, a great redun-

\* Stoll says, that " it is not uncommon to see gouty people complain, for whole months, and even years, of various stomach affections, such as dyspepsia, flatulence, water brash, or, on the contrary, of a most distressing sensation of cold at the pit of the stomach."



dancy of blood takes place in the system; consequently, it necessarily happens that an interruption to the healthy balance of circulation sooner or later ensues, with congestion or partial fulness of blood, in various important organs. From this morbid state of the viscera, and from an unequal distribution of blood, it happens, that the gout sooner or later gives rise to a variety of disorders; such as asthma, dyspepsia, hepatitis, dropsy, jaundice, hæmorrhoids, pains in the head, and apoplectic or paralytic affections. Gout is consequently a disease not only injurious to the constitution, but destructive of the organization of the particular textures which it affects; and, by such united influence, tends both to shorten and embitter life.

From considering these distressing consequences of gout, of which I could easily have mustered a much greater number, the conclusion is unavoidable, that gout is far from being salutary, and it is not a little wonderful that the notion should ever have come to be entertained, that a fit of gout is a mark of high health and

sound constitution, rather than of a morbid state of the system. It is to be remarked, likewise, and it makes the absurdity of the notion more striking, that the consequences which have been enumerated, are softened, rather than aggravated, in the picture.

Some diseases, if left to themselves, will run through a regular course of access, crisis, and decline, and will finally disappear; such as the vaccine pustule, the very days of which are marked and numbered, and after the cicatrice is formed, the pain and inflammation do not again recur. The paroxysm of gout is not, however, of this kind; though the mistaken notion of Sydenham, founded on the humoural pathology, has led many to consider it as such, and to reprobate all interference with nature in attempting a cure. This doctrine is now, happily, altogether exploded among the best informed practitioners, though it still lingers among the opinions of many patients. The clearest refutation of it is the numerous instances in which the paroxysm of gout has been speedily arrested, as will be

amply proved in the details of cases to be afterwards given. After perusing the facts there stated, few, I think, will adhere to the obsolete prohibition, not to interfere with a fit of gout, after it has fairly formed.

#### OF THE CURE OF GOUT.

Another opinion which has generally prevailed, both among medical practitioners and their patients, that gout is a disease of the whole system, and therefore necessarily incurable, will, I think, appear on examination to be equally unfounded with that which forbids interfering with the paroxysm. I can, from much experience, safely affirm, that no disease is more curable than gout; and that the cure may be accomplished by means, which, at the same time, have a direct tendency to improve the general health, and prevent the return of the paroxysms; or, at least, to render them less frequent, and more moderate and tractable. Before, however, proceeding to present to the reader that particular mode of cure which my own professional

experience for many years warrants me in pursuing and recommending to public attention, it will be proper to take a brief and general view of some of those pretended remedies for gout, which have, from time to time, been in vogue with arthritic invalids; and assign reasons why they have not obtained a more permanent reputation.

A medicine, denominated the PORTLAND POWDER, was in considerable repute during a part of the eighteenth century. It received its name from one of the Dukes of Portland, who is reported to have been cured by it of an hereditary and very inveterate gout. It is compounded of several aromatic bitters; namely, of equal quantities, by weight, of the roots of Birthwort and Gentian, the tops and leaves of Germander, Ground Pine, and Lesser Centaury; powdered and mixed together.

This celebrated medicine was directed to be taken in the quantity of a drachm, or sixty grains, in any convenient vehicle, as wine and water,

broth, or tea, in the morning fasting; the patient tasting nothing for an hour and a half after the exhibition of the powder. This dose was directed to be taken daily, for three months, without the least interruption; forty-five grains were then ordered to be taken in the same manner for the succeeding three months; half a drachm every day for the next six months; and the same quantity every second day for the following twelve months, if the gout were not subdued before that time.

It has long since been ascertained, that this famous powder was none other than the *Pulvis Arthriticus* of the old Pharmacopœias of Paris. Dr. Cullen relates, that it is mentioned by Galen, and, with occasional trifling variations, by almost every medical writer of every age since his time. This medicine has been frequently revived; but has as frequently fallen into disrepute.

Dr. Cullen acknowledges that the Portland Powder *sometimes* produced powerful effects as a *preventive* medicine, but he also asserts, that it

was followed by many pernicious consequences. "In every instance," says this learned physician, "which I have known of its exhibition for the length of time prescribed, the persons who have taken it were indeed afterwards free from any inflammatory affection of the joints, *but they were affected with many symptoms of Atonic Gout,* and, all, soon after finishing their course of the medicine, *have been attacked with apoplexy, asthma, or dropsy, which proved fatal.*" Dr. Cadogan says, he knew between fifty and sixty individuals who used it, and in a few years they all died, to a man!! On the other hand, the celebrated Dr. Heberden, who spoke of its effects with some approbation, regarded these diseases as by no means occurring from the use or abuse of this powder, but as the common consequences of the gout itself, towards the decline of life.

Without attempting to decide between these eminent physicians, or to revive a controversy concerning an obsolete remedy, it may not be improper to observe, that a medicine composed of stimulant bitters, taken in such large doses,

in daily succession, and for so long a period, as the Portland Powder was directed to be administered, must have excited the appetite to so great a degree, as to outrun, and ultimately impair, the powers of digestion. From this cause, then, the Portland Powder might, indirectly, have occasioned the above-mentioned diseases.

But, in order to form a correct opinion of the good or evil to be imputed to this, or to any other, medicine, we ought always to take into account the state of the patient's health previous to its administration; his habits; bodily conformation and constitution; family history; age; and other peculiarities. These, individually, or collectively, are, in many instances, sufficient to account for an accession of apoplexy, asthma, dropsy, or any other fatal disease.

The opinion of Dr. Cullen, however, regarding the pernicious tendency of the Portland Powder, prevailed; and consequently, as a gout medicine, it fell into disrepute, in which it has ever since continued.

After the Portland Powder had sunk into obscurity, the healing art was for many years but seldom resorted to in cases of gout; more especially, as a severer course of abstinence and regimen was prescribed by physicians, than persons surrounded by all the means of epicurean indulgence could be expected readily to submit to. The consequence was, that arthritic invalids were compelled to submit to the painful necessity of encountering each returning paroxysm, and reluctantly made up their minds to seek no further relief than from what they themselves termed *Patience* and *Flannel*.

That patience is of great value as a moral virtue, no one will deny; but when it is substituted for the prompt means to be used for obtaining relief from pain, it ceases to merit that character. It is obvious, that the enveloping of a gouty limb in flannel and fleecy hosiery, and the several means that have been put in requisition for retaining warmth or exciting perspiration in parts affected by the gout, have a direct tendency to increase the inflammatory



action, already too distressing and painful; and also to prolong the painful tedium of the paroxysm itself; as well as to produce excessive, and often permanent, weakness in the affected parts, which may baffle all remedies: so much, indeed, is excessive heat to be avoided, that even the fire of the patient's room has been known to prove hurtful. In some cases, however, during convalescence, moderate warmth is very advantageous.

I have invariably found, that those cases in which this debilitating practice has been rigidly followed during the paroxysm, were the most frequent in their return, the most tedious in their duration, and the most intractable in their cure. By this treatment, therefore, as well as from the neglect of proper remedies, the constitution is most unnecessarily exposed to a great degree of injury.

In the year 1804, Dr. Kinglake, of Taunton, by recommending cold applications to the parts affected, tended much to disturb the prevailing opinions on the subject of gout. He did not,

indeed, advance any thing new in his mode of treatment, as it may be traced even in the writings of Hippocrates, and was sanctioned by the example of the great Harvey: yet he became the means of its being more generally adopted; and, in his publications, used his utmost endeavours to introduce it to public notice.

A general opinion, however, soon prevailed, that so violent an expedient as that of plunging the inflamed limb into a vessel of cold water, might be liable to occasion a retrocession of the gout; and might be attended by alarming, and even fatal, consequences. This opinion has been since confirmed by many facts, apparently well attested\*; accordingly, Dr. Kinglake's

\* To this cause has been attributed the sudden death of Sir Michael Le Fleming, which took place in the Admiralty-office the day after he had practised Dr. Kinglake's expedient.

Mr. Ring relates the case of a lady, who, when the gout in her hands was violent, plunged them into a basin of cold water, and held them there some time; the consequence of which was, a violent pain in her stomach. This process she had repeated about a dozen times: and always with a similar result.

In

expedient fell into disuse, even among those who were originally its determined supporters. The principle upon which this practice proceeds, is, the very erroneous one, that gout is of the same nature with simple inflammation, though it

In the Medical Journal for Sept. 1804, is a letter from Dr. Trotter, formerly Physician to the Fleet, in which he relates the case of an officer in the army, who, having frequently cured himself of the gout by plunging his foot into cold water, again had recourse to that remedy. The complaint left his foot; but while he was exulting in his fortunate escape, he was seized with apoplexy, and died in a few hours.

In the thirteenth volume of the same Journal is related the case of a medical gentleman, who, having the gout in his feet, applied cold water, and afterwards ice-water: by which the pain and inflammation were entirely removed; but were succeeded by a shivering fit and an attack of gout in the stomach, which proved fatal.

In the Monthly Magazine for April, 1819, is related the case of a gentleman, thirty-five years of age, of plethoric, but not intemperate, habit, who had long been subject to gout, and had occasionally applied cold water to the inflamed joints during its paroxysms, without experiencing any ill effects from it. On one occasion, however, whilst labouring under an attack of gout in the feet, he plunged them into cold water: the inflammation soon receded, and he became speechless. After re-producing the gouty affections in the feet, he recovered his speech, and did well.—NORMAN *on the fatal Indiscretions in Medicine.*

is rather singular that so able a physician as Dr. Kinglake should have fallen into the mistake. There cannot, indeed, be a doubt that gout is not a local disease confined to the part affected. If it were, it would yield as readily as other local diseases to topical applications; whereas, the only effectual remedy hitherto discovered acts constitutionally, removing the disorder, not only from the part affected, but from the system. The application of cold, on the contrary, or any other local application, when not conjoined with constitutional treatment, can only have the effect of causing a retrocession of the disease, from the part affected, to some other part of the body, and most probably, as we have just seen, with the most dangerous or fatal consequences.

When the EAU MEDICINALE was first introduced to the notice of the English public, a considerable sensation was excited, both amongst arthritic invalids and gentlemen of the medical profession. Among the latter, a controversy was begun, which was terminated in the almost

total rejection of the medicine. In the propriety of this decision I fully concur.

The extensive correspondence which I have carried on since the publication of the first edition of this treatise, has abundantly convinced me that the Eau Medicinale is not attended with permanent advantages; but that, in proportion to the frequency of its employment, it brings on a train of distressing and dangerous consequences. The repetition, indeed, of the medicine, seems to lessen its efficacy; and not only so, but its frequent use has a tendency to impair the whole nervous system, and undermine the constitution. The head becomes affected with frequent giddiness, attended with lowness and depression of spirits; the stomach is rendered weak, and incapable of performing digestion; the bowels become torpid and obstinately costive; and there are sensations of sinking, weight, and oppression, with trembling of the limbs, loss of strength, and numbness, and all the distressing train of nervous debility and irritation.

Of its more immediate deleterious effects, many examples are related by authors. Mr. Ring, in his treatise on Gout, mentions an instance of its causing the death of a patient by the direct violence of its action on the stomach and bowels. Dr. Reece says, that in several cases the medicine has caused death in a few minutes ; and in every case leaves a great disposition to the recurrence of the disease. He relates a case, which occurred in King-street, Covent-garden, of a tradesman who took this medicine being attacked with gout. It succeeded in removing the pain, and he was able to attend to his business the following day ; but, instead of an annual return of the fit, as usual, it attacked him, more violently than ever, in less than one month. He again resorted to the Eau Medicinale, which, as at first, allayed the pain, but so reduced the vital powers, that he died in the course of the week.

Instances have also been related by authors, in which the contents of a single bottle, taken as a dose, have so paralyzed the stomach, that

for many days it was scarcely sensible to the strongest stimulants. The patients were recovered with much difficulty, and remained for a long time in a state of serious debility.

The numerous attempts to discover the composition of the Eau Medicinale, all of which, previous to my own, I may venture to say, have been abortive or nearly so, brought several medicines into momentary repute as specifics for gout. I shall only mention two of these,—the Tincture of White Hellebore and Opium, and the Colchicum Autumnale.

Since the publication of Mr. Moore's pamphlet, in 1811, the "*Tincture of White Hellebore with Laudanum*," which he erroneously maintained to be identical with the Eau Medicinale, has been, by a few practitioners, much employed as a remedy in gout. From my own observation of the way in which this preparation acts in paroxysms of this disorder, I am fully convinced, that although it may sometimes produce temporary relief, it is often attended by consequences too serious to admit of its familiar

employment. In this judgment, I concur with Dr. Scudamore, who remarks, that though the medicine has gained considerable repute with some practitioners, either as an active purgative or as a specific; yet he thinks, from examples which he has seen of its operation, that it is dangerous to be intrusted to unskilful hands, and imprudent to give it in full doses in cases of gout.

Even in careful and gradual doses, its accumulated action sometimes becomes alarming, and causes serious hyper-catharsis. In its severer effects, under a bolder administration, I have known it to produce, in quick succession, vomiting and purging, great depression of strength, spasms and burning pain in the bowels, cold sweats, and, in some instances, tremors and faintings, and the very sensations of approaching death. I am informed, on good authority, of a case of gout, in which a saturated preparation of hellebore in alcohol proved fatal, by its action on the stomach and bowels;



and of another case, in which the patient died apoplectic, after a free use of the tincture of hellebore with laudanum. This termination was attributed, and with great probability, to the stimulant properties of the medicine.

Dr. Woodville, the author of the Medical Botany, mentions, that upon opening those who have died by the effects of this poison, the stomach discovered marks of inflammation, with corrosions of its interior coat, and the lungs have been much inflamed, and their vessels much distended with dark blood. Even when the tincture of hellebore acts with comparative mildness, it has produced, under my observation, in two cases of gout, considerable irritation of the stomach, causing a distressing sense of heat, a white tongue with thirst, and, together with inflammatory excitement, much nervous depression. Finally, of this medicine, I am well persuaded, that, in any form or combination, it should be entirely deprecated as a remedy for gout. The opinion, indeed, is as old as Aretæus,

that the exhibition of hellebore in gout will lead the patient to his grave, "*ægrotum ad mortem usque comitatur.*"

Another medicine, brought into fashion by attempts to analyze the Eau Medicinale, is the *Meadow Saffron*, or COLCHICUM AUTUMNALE. It is not, however, by any means a new medicine, as it is mentioned by many of the ancients, particularly Alexander Trallianus, Paulus Ægineta, and Dioscorides, who speak of it, as we shall immediately see, very much as many of those who are unprejudiced do at present.

Mr. Want, late Surgeon of the Northern Dispensary, announced his discovery of it as a remedy for gout, in the Monthly Magazine for July, 1814\*, and as forming the basis of the Eau Medicinale, which he thinks is merely the vinous tincture of the *root*. Nearly three years before Mr. Want published his alleged discovery, I made many trials with the Colchi-

\* Dr. Scudamore mentions having employed the Colchicum in gout, in June, 1814, one month prior to the publication of Mr. Want's paper.

cum ; but, when prepared according to the usual methods, its effects as a remedy in gout were of a nature too unsatisfactory to allow me to persist in its use. For the most part, I found such preparations of it to be very uncertain and capricious ; and so, it would appear, its two advocates, Mr. Haden and Dr. Williams of Ipswich, have found it ; for while Dr. Williams regards it as beneficial chiefly in complaints of the *asthenic* kind, Mr. Haden, in direct opposition to him, thinks it most useful in cases of *excitement* !!

I sometimes found it produce no sensible operation of any kind ; and at other times, in the same doses, and in patients afflicted with the same disease, it acted on the stomach and bowels in a violent and most distressing manner, occasioning great depression of strength, lowness of spirits, and much nervous irritation.

In several cases on record, it has proved immediately fatal, by the direct violence of its operation ; in many others, it has occasioned serious debility, and a most alarming sinking of the

vital powers. In almost every instance, when freely employed in the common preparations, it has, sooner or later, been followed by an impaired condition of the stomach and digestive organs. We are told by Dr. Sutton, that the public has been presented, in the *Colchicum Autumnale*, with an unmanageable and pernicious drug, which, although a solitary or unfrequent use of it, in a moderate dose, may not draw down most serious and baneful effects upon the system in every case, because of the admirable powers which are connected with our existence, to resist, to a certain extent, things which operate to its destruction; yet it cannot be supposed that the frequent use of this deleterious plant can ever act in concurrence with the entire and perfect health of the human frame.

The relief which I found it more or less afforded, in many instances, was but of short duration and incomplete; the disorder either speedily recurring in the joints formerly affected, or attacking other parts with even greater vio-

lence than at first. Dr. Johnson, in his preface, says, "that this medicine has often the power or property of checking at once the gouty paroxysm, or *external form*, of the disease, I admit; but that it lessens the sum total of gouty action in the *system*, I deny most firmly.

I have employed the Colchicum in almost all the usual forms and combinations, in powder, in tincture, and in extract, both separately, and in conjunction with purgatives; and I am fully convinced, that, like the *Eau Medicinale*, it is in all these forms too intractable in its nature; too uncertain and dangerous in its immediate and ultimate effects on the human body, to admit of its being generally adopted as a remedy for gout.

On this subject, we have the testimony of Mr. Want himself, who acknowledges, that he is acquainted with no substance more unmanageable or more deleterious; that it must always be used with the utmost caution, and ought never to be trusted out

of the hands of the faculty\*. He declares, that he has seen cases, in which it produced a most alarming sense of suffocation from globus hystericus, and flatulent distentions of the abdomen. He also very candidly informs us of an instance in which, though administered by himself, with every attention to the circumstances of the case, it produced a most alarming transfer of gout from the extremities, to the stomach, head, and bowels; which continued for a fortnight, and nearly cost the patient his life.

In a letter addressed to the editor of the Medical and Physical Journal, for Nov. 1817, Mr. Want relates an instance of death, which occurred in St. George's Hospital, London, from

\* Mr. Want directs his tincture of colchicum to be prepared by infusing, for two or three days, a quantity of the fresh sliced root of *Colchicum Autumnale* in proof spirits of wine, in the proportion of four ounces of the root to eight of the spirits. The dose, he says, should vary according to the constitution of the patient. Upon an average, two drachms, or two ordinary tea-spoonfuls, is the proper quantity for an adult. To prepare a medicine more particularly resembling the *Eau Medicinale* in external circumstances, it is merely necessary, he adds, to use good Sherry or Lisbon, instead of proof spirit.

an imprudent use of Colchicum. Through the carelessness of the nurses, too large a dose had been given to a patient suffering under Rheumatism, which produced constant vomiting and purging, with agonizing pain in the stomach and bowels, for the space of twenty-four hours; until the patient was relieved from his sufferings by death. Upon this occurrence, Mr. Want observes, "I cannot too often caution the public against the use of this insidious and potent drug; and I feel the more regret, as I was the first to make known its powers in the removal of the paroxysm of gout: though the readers of the Medical Journal must ever bear in mind, that I have stated, in the most distinct terms, that it was a medicine not to be trusted in the hands of the public." He further remarks, very truly, that the "tinctures sold by Reynolds and Hyden, are prepared according to his prescription for making the French medicine, and that they possess the power of relieving the pain of gout; but, sooner or later, bring innumerable evils to the credulous patient."

After what has been said of the deleterious nature of Colchicum, I cannot forbear expressing my astonishment, that Mr. Want, while he thus condemns the medicine, should, in fact, recommend its indiscriminate use, by placing a preparation, of which it is the basis, in the hands of every vender of medicines.

The Colchicum was, as I have mentioned, well known to the ancients, who investigated its medicinal properties with the closest attention. It has at different times, for many centuries, been employed as a remedy for gout; but, after a full trial, has always been rejected, probably on account of its *deleterious properties*. Alexander of Tralles, a Greek physician, of the sixth century, (from whom Mr. Want *professes* to have obtained the first hint on the subject,) in his chapter on Anodynes, remarks, “that some persons take a medicine called *Dia Hermodactylum*\*, which produces an evacuation of watery matter from the

\* The Hermodactyl of the ancients was merely “the *dried* root of the plant.”



bowels, attended with such relief from pain, that patients are immediately able to walk." He adds, however, "that it has this bad property, that it *disposes them who take it to be more frequently attacked with the disease.*" Paulus Ægineta, who flourished about fifty years after Alexander of Tralles, admits that hermodactyl has great purgative power, and affords relief in gout; but asserts, "that it is hurtful to the stomach." Dioscorides, when treating of the poisonous qualities of Colchicum, observes, "that it kills by choaking or strangulation; whence some have called it *Colchicum Strangulatorium*:" and sometimes he applies to it the epithet *Ephemeron*, "because it sometimes produces death in one day." Ludovicus asserts, that a single root of Colchicum almost killed a patient by purging. Geoffry relates, "that those who eat it feel an itching all over the body, attended with a biting pain of the internal parts, and a great heat and weight in the stomach, which are sometimes succeeded by a bloody flux."

Among recent authors, I may mention Orfila,

who, in his valuable work on Poisons, particularly observes, that "the *seed* of this plant is *deleterious*, and that a number of children *have lost their lives in consequence of having eaten of it.*" Various instances have also been known, in which deer and oxen\* have fallen a sacrifice to the Colchicum. According to Baron Störck, of Vienna, "two drams of the root killed a dog in thirteen hours; and upon opening its abdomen,

\* Cattle are affected by the meadow saffron at the spring of the year, when the seed-vessel is full and mature. It appears that the seed, if swallowed, adheres to the inner coat of the stomach, producing, at several points of its adhesion, spots of inflammation, which occasion the death of the animal. (*Med. Journ., Sept. 1814.*) It may be objected to this, that cattle seldom, if ever, eat plants in seed. Every body must have observed, that grass and other plants in seed stand untouched in pasture grounds.

Mr. David Price, a farmer occupying a considerable tract of land in the parish of Eastham, near Tenbury, Worcestershire, lost, in the course of last week, seven fine yearlings, in consequence of their eating the leaves of a plant called meadow saffron. This noxious plant is by no means uncommon. It would appear, that older cattle are either not affected by it, or that they abstain from eating it, as there were several of these in the same field, which did not suffer.—*New Times, April 25, 1821.*

the stomach and bowels were found to be *greatly inflamed, and in a gangrenous state.*"

As Sir Everard Home and Dr. Williams of Ipswich have written at considerable length concerning Colchicum, it may be useful to advert to their opinions. Sir E. Home having found, as he says, that the Eau Medicinale was of a more virulent nature when used with its sediment, than when employed without it, and imagining the vinous infusion of the bulb of the Colchicum, to be the same medicine with the Eau Medicinale, he was induced to make trial of the sediment of the Colchicum by itself; and relates, as the result of his experiments, "that the *deposit*, which is separated from the infusion by keeping, when given by itself, in a dose of a few grains, produces inflammation and ulceration on the coats of the stomach and intestines," and "that the infusion removes the paroxysm of gout equally readily, whether given without the deposit or with it." He therefore recommends the use of the infusion after it has spontaneously deposited its sediment, as being the milder medicine.

The assertion, that the vinous infusion with this deposit acts more violently on the constitution than the clear infusion, I know to be incorrect. I have made frequent trials with the deposit, obtained in a state of the greatest purity from the infusion of Colchicum, prepared according to the directions of Sir Everard Home, and have never been able to discover that it possesses the smallest degree of virulence or activity whatever\*, although it has been repeatedly administered to dogs in very large doses. The fact is, that the *bad* as well as the *good* qualities of the Colchicum reside *exclusively* in the bitter principle of the plant, which exists in the clear vinous infusion itself; or may be separately obtained in the form of *extract*, by the process of evaporation. I have ascertained, by repeated experiments, that the infusion, when exhibited to animals without the deposit, in the dose of a few drachms; or the bitter extractive

\* I am quite certain, indeed, that it does not possess any taste or acrimony. I have given two ounces of it at a time to a dog, and the animal has never suffered in the slightest degree,

principle, when given by itself, in a dose of a few grains, produces inflammation and ulceration on the coats of the stomach and intestines; and that the *deposit*, which is separated from the infusion by keeping, *when obtained in its pure state by frequent affusions of cold water*, is, in reality, a mere *caput mortuum*,—perfectly tasteless, inert, and incapable of solution; and that it is totally incapable of producing on the animal economy any of those bad effects which have been ascribed to it by Sir Everard Home. I therefore most positively declare, as a fact which I have experimentally ascertained, that it is the very *infusion itself*, or the *bitter extract* that may be obtained from it, which is alone capable of producing *inflammation and ulceration of the coats of the stomach and intestines*.

I have carefully watched the effects of the infusion, or (of what is improperly termed the) *Vinum Colchici*\* of Sir Everard Home, pro-

\* The *Vinum Colchici* is directed to be prepared by macerating two pounds of the fresh roots of *Colchicum* in twenty-four ounces of Sherry wine, in a gentle heat, for six days, *the*

cured from Fisher's, 18, Conduit-street; and, from what I have seen of its mode of operation in gout, I am fully convinced, not only that it is not superior in its medicinal properties to the ordinary preparations of Colchicum, but that it is equally acrimonious and deleterious in its nature, and equally liable to all the objections which have been brought against the use of those medicines.

The inferences drawn by Dr. Scudamore from his experiments, although he does not go quite so far as I do, serve in some degree to confirm what has been said of the preparation of Sir Everard Home. Having prepared some of the transparent infusion, made according to Sir Everard's formula, he gave eleven drachms of it to a dog, and death took place in eighty-eight hours. The appearances, on dissection, indicated

*spirit being previously carried off by heat!!* This, it must be acknowledged, is a very strange, unchemical formula, and certainly would never have been adopted by Sir Everard Home, but from an ardent desire of representing the Eau Medicinale; in which, however, he has completely failed—those medicines being so dissimilar in their component parts. (See *Introduction*.)

very high inflammatory action. This experiment, he says, serves to show that the clear infusion possessed as much of the active properties of the Colchicum, as the turbid. A terrier dog, to which he had given the former, was even the strongest in appearance. Hence, according to each of his experiments, it follows, he thinks, that the deposit of the vinous infusion is an inert substance; and, consequently, that the clear infusion is as active a medicine as that which is turbid from the admixture of the sediment. He tells us, also, that "in the formula directed by Sir E. Home, the alcohol of the wine is carried off by distillation, and therefore the remaining fluid may be stated to be little else than mere water holding in solution portions of saline and vegetable matter. This I consider to be a very unfavourable menstruum, as from the quantity of mucilage of the Colchicum taken up by the water, it is almost impossible to obtain a clear liquid." He adds, "I am wholly at a loss to account for the very different result of my experiments; for I must necessarily

conclude that the deposit of the vinous infusion of Colchicum is an inert substance. It cannot be dissolved, either in wine or diluted spirit, with the assistance of heat. On the contrary, the sediment of the Eau Medicinale is perfectly soluble in its own liquor by the application of heat\*. Hence a very striking difference is manifested in the nature of these two medicines."

The sediment which is gradually deposited from the wine or tincture of the *seeds* of Colchicum by keeping, is, like the deposit from the wine or tincture of the *bulbs*; altogether insipid, insoluble, and inert. The medicinal properties of both reside *exclusively* in the same bitter principle or extract, which is extremely drastic

\* That is the case with the preparation from the *flowers*, which I consider to be identical with the Eau Medicinale, provided the liquid, when first prepared, is put into the bottle without any of the *first* sediment, which falls after straining the flowers. It is (like the Eau Medicinale) never quite clear. When put into the bottle *without the first sediment*, it will, nevertheless, after a time, *deposit a sediment*, which is soluble in its own liquor by placing the bottle in hot water; and becomes even *clear*, whilst *hot*; on *cooling*, however, the sediment is again deposited.



and acrimonious, requiring great caution in its exhibition, whether in form of extract or infusion.

The deposit, carefully separated from two pints of a vinous infusion of Colchicum seeds, was given to a large strong mongrel dog, without any effect whatever; but the bitter extract obtained from only two ounces of this infusion, killed the dog in thirty-six hours. The stomach and bowels, on dissection, appeared to be in a highly inflamed state.

This will afford us a principle on which to estimate the preparation so much recommended in the cure of Chronic Rheumatism, by Dr. Williams of Ipswich, who seems very ambitious of having his name before the public as a controversialist. The fairest way, I conceive, of stating his opinions, is to give his own words, from the London Medical Repository, August, 1820.

“ It should be observed,” he says, “ that the distressing effects upon the stomach and bowels, too often produced by the concentrated tincture

or infusion of the Colchicum root (the supposed basis of most of the pretended specifics for gout), never have occurred under my observation in administering the seeds in wine, which I attribute principally to the seeds being free from that *acrid quality*\* so evidently prevalent in the root. Indeed, such is the uniform mildness with which the medicine acts, that it requires no particular care in the patient, nor anxiety on the part of the medical attendant; and its effects have been always so pleasant, that the only sensible operation has arisen from its requisite action upon the bowels once or twice a day, and the comfortable support derived from it, which is so manifest to the patient, that an omission of one or two doses usually occasions a sensation of the absence of some invigorating power."

\* Violent symptoms have been produced by taking three of the flowers. (Garidel, *Plantes d'Aix*, p. 123.) The seeds likewise have been known to produce similar effects. (Bressl. Samml., 1723, p. 679.)—*Woodville's Medical Botany*. The same opinion is further fortified by the experimental researches of Orfila, in his work on Poisons, already referred to page 87.

He adds, " I cannot conclude this paper without a few observations on the *decided superiority* of the *seeds* of the meadow saffron over the *roots* of that plant; a superiority, I now consider, not merely a matter of conjecture, but proved to demonstration. The exhibition of the root has been confined in a great measure to gout and acute rheumatism, and sometimes, doubtless, with extraordinary success; but the diversity of its operation, not referable to dissimilar conditions of animal excitability, has rendered it an untractable, because a most capricious, remedy. Sometimes it has appeared totally inert; at others, productive of sudden, long-continued, and excessive action of the stomach and bowels; and occasionally it has proved fatal. An instance of the latter (What?) occurred, not long since, in the hospital practice of a physician of distinguished abilities, who, convinced that the death of one of his patients was attributable to the noxious effects of the root, assured me no consideration should ever induce him to prescribe it in future."

“ The *Colchicum seeds*, on the contrary, so far from being limited in their application to two or three diseases, may be safely and beneficially extended nearly to the whole range of painful diseases of the asthenic kind, to which I have hitherto chiefly directed their use. They seldom fail of the desired effect ; and *invariably* operate without the occurrence of any of those distressing and alarming symptoms, so prevalent in the exhibition of the root. In a word, no peculiarity of the constitution, no period of life, forbids the sanguine hope of success in the application of the seeds in cases of chronic rheumatism ; and few articles in the *materia medica* are entitled to juster pretensions to uniformity of effect, or more generally-extended benefit : and the abundance which various parts of this country produce, will amply supply not only our own demands, however numerous, but extend their healing influence to those countries where nature has not rendered the plant indigenous.”

Again, he says, “ Of the properties of the *Colchicum root* in gout and rheumatism, much

has been said and written; but, I believe, the salutary powers of the *seeds* of that plant are neither generally known nor justly estimated, either in chronic rheumatism or any other disease. In administering the *vinum seminum Colchici*, or Colchicum-seed wine, to thirty-five patients, most of whom were severely afflicted with chronic rheumatism, the effects of this medicine have really astonished me, by the early removal of pain, the progressive restoration of the use of the limbs, and the return of that salutary sleep, the want of which destroys all comfort, and imbitters every enjoyment of life."

Dr. Uwins, in his monthly medical report, for July, 1821, corroborates the statement of his friend and correspondent: "Of the *Colchicum seeds*, it were sufficient to say, that so respectable an authority as that of Dr. Williams of Ipswich continues to report highly in their favour; and the present writer, *although sometimes unsuccessful with them*, has at other times found their efficacy in old rheumatic cases proved in a most convincing and complete manner." He adds, "As the virtues

of Colchicum seeds might be safely received upon the testimony alone of *Dr. Williams*; so might it be sufficient to say of galvanism, that, in habitual asthma, it is recommended by *Dr. W. Philip*." We would remark, that some practitioners seem to be very easily satisfied with medical testimony. To shew that neither *Dr. Williams* nor *Dr. Uwins* are to be implicitly trusted, the report of a no-less competent judge may be quoted. "It is important, that the profession should know that the wine of colchicum, prepared by different chemists, varies much in regard to strength; some of them, indeed, prepare it only from the seeds, and give this when *vinum colchici* is prescribed. We prefer the preparation from the bulbs, and always employ it: perhaps, we have not given the seeds a fair trial; but, as far as our observation has gone, we are led to think the latter a comparatively inefficacious medicine." (*Med. Journ.*, Oct. 1820.) Again, "We have nothing to add to what we have already stated regarding the treatment of rheumatism, except that we have tried the *Vinum*

Seminum Colchici, in eight or ten cases, without being able to perceive any advantage possessed by this form, over the one in general use." (*Med. Journ., Jan. 1821.*)

It may be interesting and useful to attend to some of the cases which Dr. Williams has given "to illustrate the surprising powers of this medicine." Out of the thirty-five in which the effects of the wine really astonished him, he has selected only *four* for publication, two of which I have seen, and found his account, to say the least of it, altogether inaccurate.

"*Case 1.*—John Burbridge, aged thirty, of Upper Orwell-street, Ipswich, requested my advice early in the autumn of 1817, being afflicted with severe pains in his loins, shoulders, and arms. He was free from fever; bowels regular; and appetite good. His malady had been *gradually increasing for three years*, augmented by continually restless nights." After trying mercury and various medicines without effect, "it occurred to me, early in December, to advise a fluid drachm or a tea-spoonful of the *Vin. Semin.*

*Colch.* in a little ginger-tea, twice in the day. After six days' trial of the medicine, he called upon me, with the information that his pains had totally subsided; and a gradual increase of the dose to two spoonfuls, for ten days longer, afforded me the satisfaction of finding him entirely free from disease. He continues in the same state to this period, following his usual occupation, (a labouring maltster).—This patient the author has not seen.

“*Case 2.*—George Western, aged sixty-five, resident in Cox-lane, Ipswich, has been the subject of severe rheumatism in his arms and feet for some years, and at the end of December, 1817, he was under the necessity of giving up his employment, being confined to his bed for some weeks, from agonizing pain, and total inability to use his limbs. At length he was enabled to walk, or rather to crawl; for he was so bowed down by his complaint, that he was altogether incapable of walking upright. In this state I met him, and having known him some years since, as coachman in a gentleman's



family, I inquired what had reduced him to so forlorn a situation? Upon his replying, that he was "eat up with rheumatism," which for some weeks past had "cruelly" kept him confined to his bed, and deprived him of sleep, I offered him the *vin. sem. Colchici*, to which he objected, that his advanced period of life and infirm state gave him no hope of being better. Upon my assuring him, that I considered the prospect of his relief from pain very promising, he thankfully accepted my offered service, and I prescribed for him, as I had done previously for Burbridge, and with the same happy effect; for in three weeks, he was entirely recovered, and able not only to walk, but to return to his daily occupation.

"In February, 1820, I accidentally met George Western again, apparently a great sufferer from rheumatism. He complained, that his ankles were so painful, and his heels "so drawn up," to use his own expression, that he never should be able to walk completely again. I offered him the same assistance, which proved

so beneficial to him upon a former occasion. In one month, he was perfectly free from all pain, and the sense of contraction in his heels, and continues so to this period." (*Aug.* 1820.)

In order to satisfy myself of the accuracy of Dr. Williams, I visited George Western on the 10th of October, 1820, about six weeks after the publication of his case in the Repository; and instead of finding him "perfectly free from all pain and sense of contraction in his heels," he was tormented with most severe rheumatic pain in the left hip, thigh, and knee; and pursuing the course of the muscles of the leg. He complained also of great uneasiness in the feet, and was very lame and crippled. Although he obtained some temporary relief from the use of the *vin. sem. Colch.* prescribed by Dr. Williams, the disorder, *from which he had at no time been entirely exempt, speedily returned*; and he now completely despairs of receiving any material benefit from the use of Colchicum or any other medicine. He cannot be prevailed upon to give Dr. Williams's medi-

cine another trial, although he has been promised a gratuitous supply for the purpose.

A labouring man, by the name of Richard West, happened to be in conversation with George Western at the time of my visit. He declared that he had also taken the *vin. sem. Colch.*, recommended to him by Dr. Williams, for a rheumatic complaint, but had experienced no relief whatever from the medicine. This case of failure (and doubtless many others) was not unknown to Dr. Williams, when he announced this *famous and infallible discovery* to the world!

“ *Case 3.*—William Potter, bricklayer’s labourer, aged twenty-seven, living in Albion-street, Ipswich, became incapable of following his daily occupation early in July, 1819, from severe rheumatism *in his feet and ankles*, which rendered walking an exertion scarcely to be borne. About the middle of August, he was admitted a patient of the Dispensary, and continued there eight or nine weeks with little benefit, on which I advised him the use of the *vin. sem. Colch.*, in the

quantity of one or two tea-spoonfuls, in mint-water, at bed-time, for three weeks; by which time he was perfectly recovered. He has since been free from that complaint, and able to follow his usual employment."—The author has not been able to find this patient.

“ *Case 4.*—Mrs. Kedgley, aged fifty-five, residing in St. Clement’s-street, Ipswich, has been many years subject to rheumatism, more especially in *her loins and left hip*. On first visiting her, January 7, 1820, I found her in complete despair as to her recovery; in bed, to which she had been confined three months, and unable to be removed from it without *experiencing the greatest agony*, to which she submitted every third day, for the purpose only of having her bed made. Her account to me was, that during the greater part of 1817, the severity of the complaint confined her to the house, and also during the last eighteen months; that she was scarcely ever free from pains, which about four o’clock in the afternoon always became exceedingly severe, and continued till six o’clock, when

they remitted, but returned at eight or nine in the evening, or about one o'clock in the morning, extending to the *left shoulder and breast*, continuing for several hours, in so violent a degree as to be almost insupportable. Her bowels were slightly irregular, the excretions from them not unnatural; tongue coated with a *brownish fur*; little thirst, but *no fever*; appetite indifferent; skin neither hot nor dry; the body greatly emaciated. In this state, she commenced with guaiacum and other anti-rheumatic remedies, and continued them for several weeks, taking, during a considerable part of that period, from one to two grains of opium every six or eight hours, carefully abstaining from all diet of a flatulent nature. This treatment was attended with little or no benefit; and the case being rather an extraordinary one, I wished to make fair trial of the usual remedies, in as powerful a degree as the comfort or safety of the patient would admit, before I administered the *vin. sem. Colch.*, of which, about the middle of March, I prescribed daily a fluid dram in mint water, at three o'clock

in the afternoon, and at seven or eight o'clock in the evening. She had not persevered a week in this medicine before she experienced material relief: her pains were lessened, her appetite and bodily strength were increased, and she began to enjoy a little sleep. The medicine having been gradually augmented to three fluid drachms in a dose, at the end of three weeks she was exempt from her former sufferings; and at this period—the end of May—her health in general is renovated, her natural sleep nearly restored, and she is resuming the active duties of the mother of a considerable family, with no other symptom of the disease than occasionally a trifling pain in the hip.”

On the same day, October 10, 1820, on which I visited George Western, I also visited Mrs. Kedgley; but, so far from being nearly free from complaint, as asserted by Dr. Williams, she complained to me of a pain in the right side or hypochondrium, and of much uneasiness and pain at the pit of the stomach, particularly on pressure; also of pain between the shoulders,

but more particularly severe down the back on the right of the spine. She could lie only on the left side, on account of the pain, and her sleep was usually much disturbed by it, though it was never sensibly increased nor diminished by the warmth of the bed. The patient complained also of much uneasiness in the abdomen, from a flatulent distention of the stomach and bowels, more particularly distressing a short time after taking food. These several pains and uneasy sensations about the body were, however, always instantaneously relieved by any sudden discharge of wind from the stomach or bowels. She could not say that the pains were ever in any way influenced by changes in the weather; and has never been troubled with pains in the joints, either of the upper or lower extremities.

From the commencement of her complaints, which have been of several years' duration, she has been troubled with loss of appetite, heartburn and eructations, and a costive or irregular state of bowels; and says, that at different

times she has observed her skin to be very yellow; the alvine evacuations dark or clay-coloured; and the urine much tinged with bile. These symptoms were unaccompanied with fever.

I again visited Mrs. Kedgley in October, 1821, and found her confined to bed, and continuing to suffer from pains in her right side and back, uneasiness and flatulent distention of the stomach and bowels, and other manifest symptoms, not of rheumatism, for it does not appear that she ever was affected with that complaint, but of a disordered condition of the digestive organs. She was also in a state of great emaciation and debility: and in complete despair as to her recovery. She has found more relief from purgatives than from any other class of medicines; and it was, doubtless, in consequence of the action of Dr. Williams's preparation of Colchicum on the bowels, that the patient experienced from it a short and temporary relief.

In addition to these successful! cases of Dr. Williams, I have it in my power to give several



of a similar kind.—Mrs. Wright, of Sibton, near Yoxford, on the 3rd of February, 1821, had been directed to take a tea-spoonful of the *vinum seminum Colchici*, prepared according to Dr. Williams's formula, for an attack of chronic rheumatism. After taking the third dose, she was affected with vomiting and purging, and pain in the stomach and bowels, which continued for two days, and nearly cost the patient her life. The rheumatism was not relieved by it.

Mr. Thomas Woodcock, of Sibton, for a severe attack of *sciatica*, took the *vinum seminum Colchici*, according to Dr. Williams's directions, but with no other effect than that of frequent purging and a most distressing sense of sinking and debility\*. He was afterwards cured by sulphur.

Mr. Knights, gunsmith, of Yoxford, also took the prescription of Dr. Williams in a similar disorder, and with the like success. He was afterwards relieved by sulphur.

\* How different from Dr. Williams's assertion respecting the invigorating power of the medicine.

Mr. Gayfer, of Yoxford, took the same medicine, with no better success. His stomach and bowels were much disordered by a slight over-dose of the medicine, and he gave it up with disgust. These latter trials were made in the summer of 1821, and many others, equally unsuccessful, might be related, as well of gout as of rheumatism.

In order that I may deal with all possible fairness towards Dr. Williams, I think it right to give his own directions for the preparation and use of his Colchicum wine. The collector of the seeds should be directed to depend on their having assumed a ripe, dark brown colour, rather than upon any stated period of the year, which the variableness of our climate renders so uncertain. In 1820, Dr. Williams ascertained that in a pound of the seeds, gathered in the latter part of June or early in July, eleven ounces in weight were lost in drying; though the same quantity, collected at the end of July or the beginning of August, lost two ounces and a half only. In warmer and dry seasons,

they may be found perfectly ripe a month earlier. The following is the formula which he recommends :

R Sem. Colch. Autumn. Siccat. ℥ij.

Vini Hispanici (Sherry, Angl. dict.) octar. j.

Digere per dies octo vel decem, subinde agitando, dein per chartam cola et in vasi probé clauso usui serva.

Dr. Williams protests against bruising the seeds in order to augment their powers, for as their valuable properties reside "in the husk or cortical part," these are injured by such a process. He also strongly condemns the employment of any other wine than sherry, and particularly British-made wines. At first he objected to proof spirits as a menstruum, but subsequent trials led him to change this opinion, and on account of the variable quality of sherry, and of its tendency to decompose, to prefer proof spirit. His directions in this case are to macerate two ounces (apothecaries' weight) of the unbruised seeds of *Colchicum Autumnale* in a fluid pint of proof spirit for ten days or a fortnight, daily shaking the bottle. The tincture

thus produced is highly transparent, and not liable to decompose.

To ensure the full efficacy of the medicine, he prohibits all diet of a flatulent nature, particularly fish, broths, gruel, milk, puddings, and undressed vegetables; at the same time, a material diminution in the usual quantity of beer, tea, coffee, or chocolate, will prove highly advantageous to the patient, who, in yielding to these restrictions, may still enjoy the solid comforts of the table, with the conviction that he is thus diminishing pain and promoting his recovery. One of his patients took the *vin. sem. Colch.* for a fortnight with little or no benefit, which he attributed to her having freely eaten batter-pudding and dumpling, with a basin of gruel at night. Such species of food, he thinks, invariably aggravate the disease and prevent the salutary action of the remedy.

With all these precautions, however, of preparing the Colchicum wine or tincture of Dr. Williams, and of regulating the diet and regimen of

the patients, I have uniformly seen that the medicine is not only inefficacious, especially in chronic rheumatism, but often is hurtful and deleterious. In this I am now supported, I believe, by almost every practitioner who has tried his plan.

Another preparation of Colchicum has been recommended as an ingredient in a *gout draught* by Dr. Scudamore, namely, the *Acetum Colchici* of the London Pharmacopœia. This medicine, which has long become obsolete, or nearly so, he employs, from supposing its qualities to be milder than those of the other preparations of the plant. It is prepared with one ounce of the *fresh* bulb to one pint of distilled vinegar, and one ounce of proof spirit, macerated in a close glass vessel for twenty-four hours. It is, of course, a much weaker preparation than either the wine or tincture of Colchicum, which are commonly prepared with eight ounces of the *dried* bulb to one pint of menstruum. The acetic acid, he tells us, appears to effect a useful modification in the medicinal properties of many substances of

the vegetable kingdom, of which the black-drop, and still more the acetate of morphia, are strong examples.

I have made trial of a *saturated* preparation of Colchicum in *vinegar*, made in the usual way of preparing the wine or tincture of Colchicum, (eight ounces of the dried bulb to sixteen ounces of vinegar,) and have fully ascertained that the deleterious properties of this drug are *not* corrected nor altered by *vinegar* being employed as the menstruum. My experiments with the acetic preparations, in the *fluid form* as well as in the form of *extract*, do not sanction the preference which Dr. Scudamore gives to the acetum Colchici and its extract, over every other form or preparation of this medicine\*.

In one instance, which has recently come to

\* In his reply to Mr. Bampfield, Dr. S. says his experiments on dogs, to which I shall presently advert, have distinctly proved the greater mildness of the acet. Colch. Mr. B., however, reminds him that dogs are not subject to gout. Mr. Bampfield, indeed, is altogether very successful in pointing out his inconsistencies.—*Med. and Phys. Journ.*, Nov. Dec. and Feb. last.

my knowledge, the *extract of Colchicum*, prescribed by Dr. Scudamore to a gouty patient, to whom it was exhibited daily in small doses as a preventive medicine, in combination with cathartic ingredients, excited the kidneys to so great a degree of violence, as to occasion blood to be discharged with the urine, accompanied with severe pain in the region of the kidneys, which soon subsided on the discontinuance of the medicine. It is worthy of remark, that the disposition to gout continued, for the patient soon after experienced an attack which tormented him for the space of ten weeks, the longest and most severe attack which he had experienced for many years.

I shall now give a specimen of Dr. Scudamore's experiments upon dogs with these preparations, from the cruelty of making which he exculpates himself by pleading his desire to gain information on some important points relative to the health of man.

“ An ounce by measure,” of the acetum Colchici, “ neutralized by pure magnesia, was given

to a large mongrel dog. It produced no visible effect, but his pulse was rather accelerated; he ate and drank freely, and was in good spirits on the following morning."

"A few days after\*, this dog was made to swallow two fluid ounces of acet. Colchici, evaporated down to half an ounce, mixed with magnesia. This, like the other dose, did not occasion any change in the appearance of the animal. His pulse did not undergo any alteration, and his strength was in no way apparently affected. On the following morning, it was found that he passed two or three copious discharges, but these were quite free from blood; and his pulse was the same as at the commencement of the experiment."

In another experiment, Dr. Scudamore gave ten grains of the extract from the acetic preparation of Colchicum mixed with water, to a large strong mongrel dog. At first, it had the

\* It is to be remarked, that this is a new experiment rather than a continuation of the same one, for "after a few days" the effects of the first dose must have gone off.



effect of considerably raising the dog's pulse but it afterwards became depressed, and towards evening he was greatly affected. On the following morning he appeared better, but was still much dejected, and refused food. He had, in the night, *evacuated some bloody discharges*. He recovered towards the close of the day; and on the succeeding morning was quite well, and ate and drank freely.

From these experiments, Dr. Scudamore concludes, that the acetic acid, used as a menstruum, effects a great modification in the properties of the Colchicum. In the first experiment, or as I should say, the two first, "the extraordinary quantity of the preparation," to use the words of Dr. Scudamore, "amounting to three ounces in two doses, were administered, not only without fatal result, but even without serious symptoms being produced." He adds, "it is worthy of observation, that although a considerable purgative operation was produced, the mucous membrane of the intestines did not appear to have been irritated. *No blood was discharged.*"

To these inferences it may be objected, that the quantity administered was *not* extraordinary, when the strength of the preparation is considered. The Acetum Colchici is made with *one* ounce of Colchicum to *seventeen* ounces of menstruum, while Mr. Want's tincture, or Wine of Colchicum, is prepared with *eight* ounces of Colchicum to *sixteen* of menstruum; consequently, what Dr. Scudamore calls an "extraordinary quantity" was in the first experiment only equal to about half the usual dose, (*viz.*, one drachm) of Mr. Want's preparation, and in the second the two ounces, were about equal in strength to one ordinary dose, (*viz.*, two drachms) of Mr. Want's. It is to be recollected also, that the effects of the first dose must have gone off in the "few days" which elapsed before giving the second. In the succeeding experiment, again, the fallacy of his inference is also apparent, for the bowels *do* "appear to have been irritated," as *blood was discharged*. The experiments, indeed, afford no proof whatever of the milder qualities of the Acetum Colchici, compared with

the wine and the Tincture of Colchicum, when we take into account the relative strength of these several preparations and their respective doses.

Having thus proved that all the preceding preparations of Colchicum are more or less injurious, according to their strength,—it will not be necessary to spend much time on a similar preparation of the same plant, which has attracted some notice under the title of Reynolds' Specific for Gout.

In the second edition of these observations, I stated, that this medicine was neither more nor less than Mr. Want's Tincture of Colchicum, coloured with a small quantity of syrup of red poppies, and flavoured and scented with rum. This opinion has since been fully confirmed\*.

\* In the Gazette of Health, Mr. Forbes, of Cheltenham, makes the following observations: "In the town of Enfield, I met with a gentleman, who told me he knew that Mr. Reynolds' tincture is a preparation of the meadow saffron; that he knew the shop whence he obtained the root; and that the recipe was given to Mr. Reynolds by a friend of his, who copied it from an article in the Medical Journal, by Mr.

This mixture is indeed so precisely similar, in every respect, to that recommended by Mr. Want, that even the warmest votaries of Reynolds' specific have not been able to discover any difference between them, either in their sensible qualities, or in their operative effects.

To prove that its effects are equally injurious, I shall state one or two cases out of many of the same kind which could be enumerated. The first is given in the Monthly Magazine for April, 1819. An elderly gentleman, of full habit, disposed to conviviality, and long accustomed to have gout, was, in February, 1819, suddenly relieved of a fit of the disease, by taking the prescribed dose of Reynolds' specific. Apoplexy occurred on the following morning, from which he has not yet thoroughly recovered.

The following unfortunate circumstance is also Want: thereby confirming the statement which Dr. Wilson has made respecting this infallible specific, in his observations on gout."

so strongly corroborative of the above opinion, that I consider it a duty to insert it here: the account is taken from the Courier newspaper for January 11, 1820. “ *Coroner’s Inquest.*—An inquisition was held yesterday, before Thomas Stirling, Esq., coroner, at the Black Horse, Queen-street, Bloomsbury, on the body of Mrs. Mary Malony. Mr. Joseph Burgess, surgeon, stated, that he was called to the deceased’s house to attend upon her about twelve o’clock on Saturday night; he was informed, that she had poisoned herself. He attended her immediately, and found her in bed labouring under all the symptoms usually attending a person who had taken deleterious ingredients. She was perfectly sensible at intervals, and he took the opportunity of asking her what she had taken. She told him that she had taken some of her husband’s medicine, which he had been taking for gout. He had taken it three or four times, and it had given him some relief. She took all that remained in the bottle, in quantity about a table-spoonful, whereas she ought not to have

taken more than half a tea-spoonful \*. She was in the most excruciating pain, and continued vomiting until nature was exhausted, and death relieved her. He examined the bottle which contained the liquid which the deceased had drank, and found that it was a quack medicine, called "Reynolds' Specific for Gout." When the deceased took it, she had no idea that it would have the effect of producing her dissolution. Verdict—"The deceased died from taking an over-dose of Reynolds' Specific."

In Dr. Reece's Gazette of Health for January, 1820, it is stated, that a corpulent lady residing in the Strand, who has been subject to gout for many years, attributes the loss of the use of her lower extremities to the operation of a nostrum. "If Mr. Reynolds should be desirous to inquire

\* The printed directions which Mr. Reynolds gives along with his medicine, are, "Females or persons much debilitated should begin with forty drops or less, and on finding little or no effect, the following night increase the dose twenty drops; and so on, if needful, to one hundred and twenty drops, viz., two drams (or tea-spoonfuls), according to circumstances."

into the particulars of this case, we will, with pleasure, give him her address."

In a subsequent page, I shall give the case of Mr. Everett of Leiston, to shew still further the injurious effects of Reynolds' specific in gout; but as the medicine, like that of the other preparations of Colchicum before mentioned, is going rapidly out of use, it is unnecessary to enlarge on it.

I cannot, I think, better conclude this view of the effects of the ordinary preparations of Colchicum, than in the following words of Mose: "Dioscorides and Serapio affirm their Colchicum and Hermodactylus to be a poyson, and commaund that it be in no wyse used or eaten; and although Serapio do saie that the Hermodactyles be good for the gowte and other jointe diseases; yet, he addeth, that if one use too much of them, that thereby the muscles and the stomach are marvellously weakened; but then he speaketh of the root of the white Hermodactyls, and supposeth that they which are *red* and *blacke* should absolutely kill one. Seeing then they are so

dangerous, these rootes ought not to be tolerated at the apothecary's, and much lesse to be used inwardly. Whereas then we know sufficiently that our Colchicum or Hermodactylus is so venomous, therefore must they needes lie extreemly, that bragge that they can cure all joynt diseases with it. For it is most true that they that use these Hermodactyles for the goute, whether it be in pilles, potions, or any other way, waxe worse and worse everie daye, and at last are constrained to die an untimely death, as hath been seen in divers men, notwithstanding that learned men have warned them that use such dogged medycynes: but no man will be taught of another, which is the only cause that we will not leave our owne opinions and errors, which thing doth not only bereave many a man of this life, but also of the life to come. Wherefore I would admonysh and warne every man to take heed of them, and where he findeth Hermodactyls in any receipt that he omit them; and so not fear any mishap or danger from which I could not omit to warn every good body."



## THE AUTHOR'S TREATMENT OF GOUT.

Having thus considered the means used by others, I purpose now to present to the reader a plain account of the treatment proper and necessary to be observed in the cure of gout, including its several forms and varieties; and shall afterwards point out the means best adapted for avoiding or preventing the attacks of this disorder, which professional experience, during many years, has fully sanctioned, by their being attended with peculiar success, and will always be the most convincing proof of their excellence.

It is of some importance, however, before proceeding farther, that both the practitioner and the patient should distinctly understand each other as to what is implied by a *cure of gout*. If, then, by medical treatment, the train of symptoms, connected with an attack of gout, is destroyed, and the parts which were affected are restored to their healthy functions in a very short space of time, compared with the natural

course of the disease, gout thus removed may be justly said to be cured. The permanent cure or the *prevention* of the returns of the paroxysm on the contrary, depends, as has been well observed, upon other circumstances, which are seldom sufficiently persevered in, and those things avoided which bring the cause of gout into activity. But in the same manner, as no one doubts the cure of intermittent fever by the bark, because patients may happen to live in a marshy country, and contract the disease again, so gout is neither more nor less cured, because the parties subject themselves to those causes which invite a return.

Enough has been advanced in a former part of this work to demonstrate not only that gout is not salutary, but that it is extremely pernicious. We should, therefore, as Dr. Scudamore justly remarks, “ attempt the prevention of a fit of gout, if warned of its approach ; and interrupt its progress when formed, *unless* such a state of the constitution exist, that gout has taken the place of another more serious disease ; or may be

expected to prevent one which is impending and more to be dreaded than itself; but even in this case it is incumbent upon us to moderate the violence of symptoms, to study and fulfil particular indications, and carefully to estimate the balance of the present evil with the expected good."

I now proceed to explain the treatment proper and necessary to be observed in the *cure* of the several forms and varieties of gout.

#### THE TREATMENT OF ACUTE GOUT.

As acute gout is an inflammatory disease, its cure must be conducted upon the cooling or antiphlogistic plan; but as it seldom or never occurs, except in those whose habits have been previously debilitated, there are of course several exceptions to this general rule. The following regimen and diet should be attended to:—

During the paroxysm it is proper to avoid the extraordinary use of flannel, heavy bed-clothes, and heated apartments; but it is equally

important, on the other hand, to avoid any careless exposure to cold, which might occasion a dangerous retrocession of the disorder.

The diet in very acute paroxysms should be wholly fluid, and by no means stimulating ; for the most part it may consist of weak broths, boiled milk and bread, panada, gruel, sago, arrow-root, and other bland and mucilaginous aliments ; to which may occasionally be added some bread, dry toast, or biscuit, if it is agreeable to the patient, who may also partake of any mild diluting beverage ; such as barley-water, tea, water-gruel, rennet-whey, and the like. Acid drinks being generally unfavourable to the gouty constitution, must, for the most part, be avoided, even in the paroxysm. But the sub-acid fruits in season, such as oranges, grapes, and baked or roasted apples, are not improper, provided they be found to agree with the patient's stomach, and be used with moderation.

Whatever, in regard to the quantity or the quality of the patient's food or drink, might tend to the least injurious excitement, must be

carefully avoided. Wine, spirits, beer, porter, and every kind of animal food, will, under such circumstances, be highly improper. On some occasions, however, when the system is much debilitated, and little or no fever prevails in the paroxysm, some chicken-broth, or animal food of easy digestion, may be allowed for dinner; but it is to be understood, that melted butter, sauces, and culinary vegetables, should be used very sparingly.

In like manner, when the tone of the stomach is weak, or the patient has been much accustomed to the use of wine or strong fermented liquors, a moderate quantity of wine or spirits may be proper; but these are best taken, either diluted with water, or mixed with any one of the mucilaginous liquids above-mentioned.

As the paroxysm may be rendered milder and more tractable by the removal of every cause of irritation from the alimentary canal, and as a costive state of the bowels usually precedes and accompanies the disorder, this must be carefully obviated by the exhibition of proper

purgative medicines at the commencement of the attack, or previous to the use of *the tincture*. For this purpose it is very important not to prescribe any medicine, the use of which might be incompatible with the use of the tincture, or which might injure or diminish its salutary effects; and, indeed, to recommend no medicine that has not the decidedly approved properties of promoting the effects of the tincture, and of improving the general health. The author has, therefore, taken great pains to watch and carefully note the specific effects exerted on the gouty paroxysm by purgative medicines in general, and he is happy and proud to state, that his numerous trials with one of the compounds employed, were in every case, and in all respects, particularly successful; and he is now desirous that the welfare of arthritic invalids should be advanced by the use of DR. WILSON'S ALTERATIVE APERIENT PILLS\*.

\* The author has not inserted any formula for his Alterative Aperient Pills, as one main ingredient in their composition, being an EXTRACT FROM THE TINCTURE, is not to be pro-

The Alterative Aperient Pills are intended to produce, both *alterative* and *purgative* effects. They correct the morbid state of the alimentary secretions ; emulge the biliary ducts ; promote both perspiration and urine in a moderate degree ; and expel all crude and noxious accumulations in the alimentary canal. Being mild and gentle in their operation, and acting for the most part without griping or uneasiness, they are well fitted for persons of every age and habit of body, and for either sex.

As preparatory to the use of the tincture, these pills are best taken at bed-time, in doses adapted to circumstances \*, and their purgative effects are best promoted by taking the following aperient draught in the morning, or in a few hours after taking the pills.

cured at the shops. These pills, however, with proper directions for their use, may now be had of all reputable medicine venders, both in town and country.

\* As a general rule, from one to four pills, according to circumstances, may be taken for a dose. When a disposition to *plethora*, or *fulness of habit*, prevails, two, three, or four pills may be taken each night, or each alternate night, for a long or short period, according to the effects produced.

*The Aperient Draught.*

Take of Calcined Magnesia, half a drachm ;  
 Epsom Salts, three drachms ;  
 Sugar, one drachm ;  
 Peppermint, or Simple Water, or Ginger Tea, one  
 ounce and a half.  
 Mix—to form a draught.

But it sometimes happens that a paroxysm of gout is ushered in by vomiting or purging ; and these symptoms are often very distressing to the patient. In such cases it will be proper to allay the irritation in the stomach and bowels previously to the use of the tincture. With this intention, and for the purpose of co-operating with the Tincture and Alterative Aperient Pills on other occasions, I have much satisfaction in recommending the following draught :

*Aperient Draught with Rhubarb.*

Take of Rhubarb in Powder ; twenty grains ;  
 Calcined Magnesia, half a drachm ;  
 Epsom Salts, two drachms ;  
 Sugar, one drachm ;  
 Peppermint or Simple Water ; or Ginger Tea, one  
 ounce and a half.  
 Mix—



This aperient draught with rhubarb, I have been in the habit of prescribing in lieu of the preceding draught, in cases where the stomach is very weak, and where the paroxysm is not accompanied with fever, as in many cases of *chronic* gout.

In cases, of very robust or corpulent habits, especially when the bowels are difficult to be affected, a more active purgative medicine than either of the former may sometimes be required at the *commencement* of the medical treatment, to unload the bowels of their contents *preparatory* to the use of "the Tincture;" the draughts being, in most cases, only auxiliaries to the Tincture or to the Pills. In such cases I have been in the habit of exhibiting with much success, the following

*Senna Draught.*

Take of Infusion of Senna, one ounce and a half;  
Epsom Salts, or Tartrate of Potash, three drachms;  
Tincture of Ginger, one drachm.

Mix—

The strength of any of the above draughts

may easily be varied and accommodated to the circumstances of any individual case, by a larger or smaller proportion of the several ingredients; or when they do not appear to operate with sufficient activity, they may be safely repeated every four or six hours, till they produce the desired effects.

*Dr. Wilson's Tincture.*

Of the unbounded success which has attended the use of Dr. Wilson's Tincture in the gouty paroxysm, the facts detailed in this work will afford ample proof. Its effects in some instances, in subduing the fit and restoring the patient to health, have been almost instantaneous; and in no case, within my knowledge, has it ever been found to disorder the stomach, or to reduce the strength of the patient, when it has been administered in strict conformity to the prescribed directions.

The Tincture may be taken at any time of the day, if the paroxysm be very severe; but as the quiet and undisturbed state of the recumbent

position is favourable to the action of the medicine, the most preferable time for taking it is at night when going to bed, and on an empty stomach, or at least three or four hours after the last meal, which should be light and easy of digestion.

The dose of the Tincture must of course be varied according to circumstances, and should in every instance be carefully proportioned, in order to produce the desired effects, without exciting vomiting, much nausea, or any of those unpleasant effects on the nervous system, which indicate that too large a dose has been inadvertently administered. Though persons of a robust habit of body, and labouring under a severe paroxysm, may with safety and advantage take FIFTY OR SIXTY MINIMS, OR ONE HUNDRED DROPS, of the Tincture, for a dose; still, as a general rule, such large doses of the medicine are not required. In all general cases, when the paroxysm is severe, and the constitution not much impaired, the proper dose of the Tincture is FORTY MINIMS, OR EIGHTY DROPS; and may be taken in

a glass of water, ginger-tea, peppermint-water, or any similar vehicle.

Like all other active medicines, however, the Tincture must be taken with proper caution. Persons of a delicate habit, especially females, should begin with no more than THIRTY MINIMS, or SIXTY DROPS; and children, or persons far advanced in years, with only TWENTY MINIMS, or FORTY DROPS; and, in some instances, with a still smaller quantity, for a dose. It is to be observed, that the good effects produced are by no means in proportion to the largeness of the dose, or the violence of its operation; but the happiest results are to be expected, when, from moderate doses, its mode of operation is of the most agreeable and gentle kind.

One great and important advantage of the Tincture over all other gout-medicines is, that, being milder and yet of greater efficacy, it can always be employed without injury to the stomach, even in states of great debility; and as in moderate doses it does not irritate the stomach, it is not necessary to compound it with other me-

dicines to defend that organ from its effects; so that the patient can measure out the proper dose for himself, which he will take more pains to do accurately than any other person; and being an active medicine, great accuracy in this particular is required\*.

The operative effects of the Tincture vary in different persons; and even in the same person, under different circumstances. For the most part, it acts as a *sudorific*, a *diuretic*, and a *cathartic*; and these several modes of action, being salutary, should be encouraged by the use of mild diluent drinks; such as those before-mentioned, or by drinking, from time to time, a cup of an infusion of peppermint or penny-royal, or of weak ginger-tea.

It has, however, been found by experience, that the Tincture is most generally successful in the pa-

\* The common graduated glass *minim* measure, should be used for this purpose; this being a more accurate mode of measuring than that of dropping from the mouth of the bottle, which may vary in thickness. *One minim* is nearly equal in quantity to *two ordinary drops*.

roxysm, when its action is more particularly directed to the bowels, by proper purgative medicines. If, therefore, in the morning, or in twelve hours after taking the Tincture, the bowels be not freely acted upon by it, it will be proper to promote its action on the bowels by the *Aperient Draught*, or the *Aperient Draught with Rhubarb*, above-mentioned; or by a proper dose of the *Alterative Aperient Pills*—whichever medicine may best suit the habit of the patient; carefully, however, adapting the *activity* of the purgative treatment to the urgency of the symptoms and the strength of the patient\*.

\* Of the benefit to be derived from an administration of purgative medicines in gout, Dr. Sutton gives the following account:

“Some years ago, my attention was excited by the result of a fit of gout, connected with diarrhœa, which ended very contrary to the impression which I then entertained respecting the event of the disease, connected with such a symptom. Compared with previous fits, this was mild, and the patient recovered most satisfactorily. From this time, whenever opportunity offered, I recommended opening and purgative medicine in gout; and, in proportion to their free operation, I frequently perceived benefit to arise. Previous to the effects arising from

In a few hours after taking the Tincture, especially if the full dose of *fifty* or *sixty minims* has been taken, the patient usually begins to experience some abatement of pain, and commonly, before the morning, obtains some comfortable sleep, from which, in many instances, he awakes nearly free from suffering—often beginning already to enjoy some returning use of the affected limb. But a single dose of the Tincture is not always sufficient to subdue the paroxysm entirely. If, therefore, any painful sensations should be experienced after *forty-eight hours* from the time of taking the first dose, it will be proper to repeat

the use of the *Eau Medicinale* being made public, I was consulted by a patient, who had laboured under the gout for many years; for the previous four years most excessively; so that the disease was almost a continuation of fits; the limbs were much contracted, and the powers of motion greatly impeded. This is a case which the most sanguine practitioner could not expect general success in; but such were my sentiments respecting the advantages of purgatives in gout, that I adopted that plan of relief; and I have the pleasure to say, that the patient has suffered, to the present time, infinitely less gout, and has enjoyed better health; which I judge to be due solely to the freedom with which the bowels have been acted upon."

the Tincture, either in the same or in a somewhat different dose, regulated according to the effects which have been produced by the previous dose. If, moreover, the pain should not abate in the usual speedy manner after the first exhibition of the Tincture, then the second dose may be repeated in *twenty-four hours* after the first dose.

When the Tincture has been properly administered, the pain and inflammation, for the most part, continue rapidly to abate, and commonly at the end of three days, but little of the complaint remains, save a slight swelling and stiffness of the parts, which, by proper care during the period of convalescence, soon go entirely off; the patient having the happiness to experience a return of his usual health and spirits. Should, however, any further repetition of the Tincture be required, it must be continued each night, or each alternate night, agreeably to the above rules; and, if necessary, the purgative draught or pills should be exhibited every morning, or every other morning, with the intention of keep-



ing up a proper action on the bowels; these several medicines being administered in doses adapted to circumstances, until all remains of pain and inflammation are subdued.

It is here important to observe, that the Tincture also produces other effects over the gouty habit, not less singular and remarkable than those already described. With the diminution of pain and inflammation, the patient invariably experiences an abatement of fever and nervous irritation. In three or four hours after taking it, a free and salutary perspiration commonly takes place. In about eight or ten hours, a slight nausea is sometimes experienced, which is commonly followed by bilious evacuations from the bowels; and not unfrequently by a copious discharge of urine. The pulse, too, is often much reduced in frequency—often to a remarkable degree; and the febrile symptoms, which are sometimes considerable in the paroxysm, soon disappear altogether.

The salutary effects of the Tincture on the digestive organs are also remarkably apparent.

The alvine evacuations, from being dark-coloured, foul, and offensive, recover their healthy character; and the urine, before turbid and high-coloured, with a copious sediment like brick-dust, acquires a natural and healthy appearance. At length, the tongue becomes clean and moist; the appetite for food returns; the nervous system becomes tranquil; and the patient enjoys even greater ease and alacrity in the functions of both body and mind, than he had for a long time before experienced.

When, however, the constitution has already been much impaired by severe and repeated paroxysms; or where the disease has assumed the character of chronic gout, those speedy and very salutary effects above described are not to be expected to follow in an equal degree, or to the same extent, as never fails to take place in recent cases, where the constitution has more slightly suffered from its attacks. Nor is the patient here led to expect, that the above mode of treatment is adequate to the complete restoration of a frame already broken down by long

and repeated attacks of this cruel malady; or that it is capable of promoting the speedy absorption of gouty concretions already formed, or of loosening the contraction of limbs caused by multiplied repetitions of this disease. Under all these circumstances, however, the treatment here recommended, and the preventive treatment hereafter proposed, will, together, be found highly advantageous.

If, from mismanagement, or any other cause, the pain and inflammation in the paroxysm do not speedily abate, I have, in addition to my usual practice in gout, applied to the inflamed parts the following

*Evaporating Lotion.*

Take of Spirit of Camphor, four ounces;  
Hot Water, one pint.

Mix—

When rendered agreeably lukewarm, apply it by means of linen rags, several times folded, and constantly kept in a wet state.

This application has usually been found to relieve the pain in a considerable degree; and,

hitherto, no retrocession of the gout, or other bad effects, have been observed to result from the gradual exhaustion of the inflammation, which the free use of this lotion never fails to produce\*.

I beg here to observe, that except when the pain is very severe, the patient will find it advantageous every morning to leave his bed, and rest upon a sofa or easy-chair, with his feet a little raised and supported. As soon as the pain and inflammation begin to go off, he may employ, by degrees, still further exertions; avoiding, however, that uneasiness or irritation which any over-exertion might occasion.

I cannot conclude this subject without earnestly recommending to arthritic invalids of every description, the early employment of the Tincture, and purgative treatment, in every attack of the disorder. For if the paroxysm be suffered to

\* The lotion used by Dr. Clarke, of Louth, for this purpose, is of a similar character, and is equally useful with the above.—See his Letter, dated April 27, 1819, in the Appendix.

run a long and neglected course previously to the use of the proper remedies, a much longer time will necessarily be required to subdue the disorder, and restore the general health, than if the cure had been attempted at the commencement of the paroxysm.

Among other advantages resulting from the early cure of the paroxysm, may be mentioned, that it will prevent the contraction of the limbs and the formation of chalk-stones, to which arthritic persons would otherwise be liable; and will preserve to the patient the free use of his limbs, so essential to the preservation of his general health; and it will likewise prevent the occurrence of that dangerous and often fatal malady, the retrocedent gout; with which the protracted duration of the paroxysm threatens the patient at all periods of its course. "Disease," says Dr. Kinglake, "strengthens with its growth, *vires acquirit eundo*;—and if permitted to proceed, will ultimately become much more formidable than would have been the case, if sea-

sonably repressed and subdued. If remedies were promptly efficient, diseases would be advantageously crushed in their bud, and time would not be afforded for unfolding their full form and violence. *Veniente occurrere morbo*, should be the assiduous attempt; and whenever practicable, should not be omitted. *Prevention is better than cure.*—*Med. Journ.*, Aug. 1819.

The beneficial effects of the treatment here recommended, the author can verify from personal experience, having himself entered the list of sufferers from gout in the month of June, 1821, at the close of a most severe illness, which had reduced him to extreme debility. The attack of gout was most severe and simultaneous in both his feet. This, however, yielded, in the course of a few days, to three full doses of the tincture, aided by the Alterative Aperient Pills, and some occasional doses of the following aperient powder, which is similar to the aperient draught before-mentioned; but was thus prepared for the sake of convenience:

*The Aperient Powder.*

Take of Calcined Magnesia, one ounce ;  
Epsom salts, *dried* and reduced to fine powder,  
three ounces.

Mix, and preserve the powder in a well-stopped bottle, for use.

Two or three drachms, or tea-spoonfuls, may be taken for a dose, in peppermint or simple water, or in ginger-tea.

The Epsom salts were prepared in a *dried state*, by exposing about three ounces and a half of common Epsom salts to a moderate heat, as that of an oven, till their water of crystallization was evaporated, when about two ounces of dried salts remained for use. The dried salts, according to their weight, are nearly double the strength of common Epsom salts ; are better fitted for a powder ; and are less nauseous than the common salts\*.

\* To the above powder, a proportion of rhubarb may be added, when it is desirable to produce a similar preparation to "*the Draught prepared with Rhubarb.*"

## OF THE CONVALESCENCE.

The *commencement* of convalescence takes place when the paroxysm itself is completely subdued, which is characterized by the removal and absence of all pain and inflammation in the parts affected. It *terminates* with the complete recovery from the effects of the paroxysm, and the restoration of the patient to health and strength. For this purpose, it is requisite that the predisposition to the disease, or the plethoric state of the vessels, should be fully corrected and subdued; that the natural secretions should be rendered completely healthy; and that the joints or other parts affected by the previous paroxysm, should be restored to their former strength and vigour. It may be the more necessary to be particular as to this part of the treatment, that it has not been so generally attended to by arthritic invalids as it ought to have been, in consequence of which the disease has soon returned, particularly on the application of the exciting causes.



This period requires careful moderation in diet, and the strictest temperance in the use of fermented liquors. But while we thus endeavour to avoid that fulness of habit which too much indulgence might occasion; we should, with equal care, guard against a state of debility which a too rigid adherence to an abstemious regimen might induce.

A disposition to costiveness, which not unfrequently prevails during the period of convalescence, must be most attentively obviated in order to prevent a relapse; and, perhaps, no medicine is better adapted to produce the desired effects on the bowels than the Alterative Aperient Pills, assisted occasionally by the aperient draught.

If an unhealthy state of the digestive organs should remain after the removal of the paroxysm, as is indicated by the appearance of the tongue, the fæces, and the urine; the Alterative Aperient Pills should be regularly exhibited each night, or each alternate night, in gentle doses; and the Aperient Draught each morning, or each alter-

nate morning, until the tongue become clean and moist, and both the fæces and urine acquire a healthy appearance.

As a general rule of practice it may be stated, that where the gouty disposition is strongly ingrafted in the habit; or, in other words, where a disposition to corpulency or fulness of habit prevails, the Alterative Aperient Pills will require to be taken *every* night in more or less active doses according to circumstances, for at least a fortnight or three weeks after the subdued attack, in order to complete the cure and prevent the danger of a speedy relapse; and the operation of the Pills on the bowels must be occasionally assisted by the use of the Aperient Draught as before directed.

The period of convalescence also requires that the patient should particularly guard against any imprudent or careless exposure to wet and cold; which are the most frequent and most powerful of all the causes that induce a relapse. This care is more particularly necessary during the use of the Alterative Aperient Pills, or of

other medicines which act upon the bowels; and more especially in this climate, during the cold and changeable weather in the autumn, winter, and spring. The unhealthy influence of a cold and variable atmosphere must be attentively obviated by preserving the feet always comfortably warm and dry; and by means of flannel or fleecy hosiery worn next to the skin, taking care at the same time to avoid excessive warmth, which is no less injurious than cold.

The joints or other parts affected by the previous paroxysm, should, during the period of convalescence, be well sponged every morning with a strong or saturated solution of salt in water\*, rendered agreeably warm by the addition of a small proportion of boiling water; after this the skin, being carefully wiped dry, should be actively rubbed by the hand, or by a

\* In making this solution it is to be remarked, that a gallon of water requires about three pounds of salt for saturation. The solution may be kept in a covered vessel for use, taking out a little each morning for this purpose.

flesh brush, till a comfortable glow is felt by the patient.

When the energy of the limbs is very defective, as indicated by œdematous swelling, excessive debility, great coldness, or loss of power in the extremities; a WARM STIMULATING LINIMENT, prepared with the COMPOUND LINIMENT OF CAMPHOR and the COMPOUND LINIMENT OF SOAP, in *equal proportions*, should be applied to the weakened parts with active friction, and the affected limbs should afterwards be carefully supported by a flannel or calico roller, adapted to the season.

As soon as the convalescent is restored to sufficient strength, he must avail himself of the benefit of exercise in the open air, especially of the country; which is the best prophylactic in gout. At first this should be very gentle, and at all times of a degree and kind proportioned to the strength; and it ought likewise to be regularly pursued, and not attended to one day, and then, as is often done, neglected for the succeeding week.

The patient may rest fully assured, that the cure of the gouty paroxysm, by the mode of treatment here proposed, will never be attended by any of those calamitous effects which have been ascribed to the eau medicinale, and more recently to other pretended remedies for gout; nor will the practice here recommended have the least tendency to induce an earlier return of the paroxysm, as many of the medicines alluded to have been said to do; *but quite the reverse*, as the several cases and communications detailed in this work will most satisfactorily prove.

If, however, the patient, presuming upon his convalescence, should take too early an advantage of it, and neglect the rules which are above laid down for obtaining a complete and permanent recovery; or should afterwards neglect the several means which are proper to be practised for preventing the returns of gout; this is not a fair impeachment of the propriety and advantage of the medical treatment in the paroxysm.

CASES OF ACUTE GOUT TREATED WITH THE  
TINCTURE.

THE following selection from the cases, which have fallen under my own observation, afford the most unquestionable evidence of the efficacy of the Tincture in the cure of acute gout. They are inserted in the order in which they occurred in the course of my practice; and are by no means too partially chosen, as many others, equally valuable, might have been adduced. Indeed, in no case of acute gout or of acute rheumatism, in which I have exhibited the Tincture, has that medicine either failed of the desired effects, or been attended with any consequences which I should fear to communicate to the public.

It is but justice to myself to state that the following cases are very much abbreviated, in order not to swell the book beyond a moderate size and price; but all the most interesting particulars will be detailed as correctly, as may appear consistent with the necessary brevity of their history. Several of the letters relating to the

cases, in which the patients state their opinions of the treatment, will be found in the Appendix.

*Case I.*

George Brooke Keer, Esq., of Framlingham, has been subject to attacks of gout at various periods, during many years, and has been really a martyr to this afflicting disorder. Very few weeks of the year were passed without suffering, either from the actual presence of the gout, or from its debilitating consequences. Previously to his becoming acquainted with the Tincture, he took the eau medicinale; which, though it relieved the paroxsym, disordered the stomach and bowels to such a degree, and was followed by such frequent relapses, that he was compelled to desist from its use.

The paroxsym in which this gentleman began with the Tincture, occurred in November, 1811; and had been for several days exceedingly severe, affecting in succession his feet, ankles, knees, and elbows. The functions of the digestive organs were greatly disturbed, the bowels were

costive, the urine was scanty and high-coloured, the tongue dry and furred, and much fever prevailed.

After relieving the bowels by an active aperient, I directed the patient to take *sixty minims*\* of the Tincture at bed-time. A gentle perspiration took place in the course of the night, followed by some hours of comfortable sleep. In the morning he experienced slight nausea, which was succeeded by copious evacuations from the bowels. In the mean time the pain and other gouty symptoms speedily abated. A second dose of the Tincture was, however, exhibited, (though perhaps unnecessarily), after an interval of forty-eight hours; and in three days every symptom of the gout had totally disappeared.

The patient has since found by experience

\* The reader will observe that in this and other early cases of gout, larger doses of the medicine were exhibited than have since been found necessary. This alteration has arisen from its appearing, on more enlarged experience, that the Tincture operates most beneficially when the doses are not sufficiently large to give rise to much nausea or vomiting; and when, especially, its action on the bowels is promoted by proper purgative medicines.



that the Tincture operates most favourably, and with the least disturbance to the constitution, when administered in doses not exceeding *thirty minims*, and when, especially, its action on the bowels is promoted by the *Alterative Aperient Pills*, three doses of the Tincture exhibited at intervals of forty-eight hours, when assisted by the Pills, never failing to subdue the several paroxysms, in the most gentle and agreeable manner.

Mr. Keer is now (1822) in the sixty-sixth year of his age, and has been afflicted with the gout nearly half his life. Since he has been in the habit of taking the Tincture, and particularly since he has adopted the use of the *Alterative Aperient Pills*, his attacks of the gout are neither so frequent nor so severe as formerly. On every occasion the Tincture and Pills have been highly beneficial, not only by speedily removing the gout, but by producing the happiest effects on the constitution.

Previously to taking the Tincture the strength of the patient had been so much reduced by

repeated and protracted paroxysms, that he had not been able to walk for more than three years; but he has now so far recovered the use of his limbs as to be able to walk with tolerable ease, and without assistance. Before, helpless and almost immoveable, corpulent and of a very full habit, a lethargic disposition prevailed to an alarming degree; but this has also been most happily relieved, and, in all probability, a fit of apoplexy hitherto prevented, by the use of the Tincture. This medicine has doubtless been the means of preserving the life of the patient for many years.

#### *Case II.*

Mr. Taylor, of Saxmundham, of a corpulent habit and of the sanguineous temperament, has been subject to paroxysms of gout during many years. In the autumn of 1811, Mr. T. was attacked severely in both feet; but having formed an opinion of the salutary nature of the disease, and of the danger which (as he supposed) might attend the disturbance of the paroxysm; a con-

siderable time elapsed before he could be prevailed upon to take the Tincture.

At length, the disorder continuing unabated, and the pains in both feet becoming almost insupportable, Mr. T. consented to try the effects of the medicine, of which he took *eighty minims* at bed-time. In three hours after, the patient expressed himself greatly relieved. The pains had already begun to abate, and he soon obtained, for the first time since this attack, several hours of refreshing sleep. A gentle perspiration ensued in the course of the night; and on the following day the medicine operated powerfully on the bowels, producing several bilious evacuations. The paroxysm subsided rapidly; and in less than twenty-four hours, all the symptoms of gout had entirely disappeared.

More than ten years have now elapsed since Mr. Taylor first had recourse to the Tincture. During this period, he has invariably recurred to the medicine whenever he has been attacked by the gout; and always with success. His general health has been uniformly good; al-

though, from a strong predisposition, he has been subject to frequent visits of the disorder. Still, by a judicious management of the Tincture, never of late exceeding *forty minims* for a dose, he has so effectually resisted the progress of the disease, that the attacks, which would otherwise have been tedious and intractable, have been for the most part removed so speedily, as scarcely to have been attended by any inconvenience.

With the view of correcting the gouty disposition so strongly established in the habit, Mr. Taylor has been induced to observe a strict moderation in diet, and in the use of fermented liquors; and has taken as much regular exercise as circumstances will permit. Of late, also, he has been prevailed upon to have recourse to the *Alterative Aperient Pills*, during the intervals of the paroxysm. Since the adoption of this preventive treatment, the paroxysms have been almost entirely warded off; and his constitution is, on the whole, materially improved.

*Case III.*

Mr. Wright, of Yoxford, was visited by his first fit of the gout in April, 1812. Being of a full and very robust habit of body, and as he laboured under a most violent attack in the left foot, he was directed to take upwards of *one hundred minims* of the Tincture at bed-time. The pain continued with unabated severity during the whole of the night; but on the following morning, as soon as the medicine had begun to operate, which it did powerfully both by vomiting and purging, the patient obtained considerable relief from pain and other gouty symptoms; and in less than forty-eight hours from the time of taking the medicine, he was perfectly free from the gout, and able to attend to his business, which is that of a veterinary surgeon.

In the autumn of the same year, after continual exposure to wet and cold, Mr. Wright experienced another attack, equally severe with the former one. Dreading confinement, he took,

of his own accord, a similar dose of the Tincture, namely, *one hundred minims*, which completely subdued the paroxysm in about twenty-four hours.

The patient has been subject to frequent attacks; sometimes four, and sometimes five or six, in the year. Except on these occasions, he has continued to enjoy an uninterrupted good state of health; and the attacks themselves have seldom confined him more than one or two days, having been in every instance speedily and effectually subdued by one or two doses of the Tincture, of *sixty minims*, or *one drachm* each; smaller doses not being productive, to the same extent, of beneficial effects. In an attack which he experienced last year, he took Dr. Williams's wine of colchicum, without any other effect than slight purging; the paroxysm not being subdued by it, though it yielded instantaneously to the *Tincture*. The frequency of the disease in this patient must be ascribed to habitual excesses in the use of spirituous liquors; and, not unfrequently, to unavoidable exposure to wet and cold.

*Case IV.*

Mr. Everett, of Leiston, of the sanguineous temperament, has suffered from severe and frequent attacks of the gout, during many years; and had occasional symptoms of that disorder from a very early period of his life.

In January, 1813, he was violently attacked in both feet and knees: the rapid increase in the symptoms portended a most severe and protracted paroxysm, had it been permitted to take its course. After suffering great agony for two days, he was recommended to have recourse to the Tincture, and accordingly took *sixty minims* at bed-time. In a few hours the pains began to abate, though the medicine occasioned no other sensible effect. On the following evening, I directed him to take *a similar dose*, which produced most rapid, and decidedly good, effects. In a few hours, a copious perspiration ensued. This was speedily followed by a general abatement of pain, and afterwards by some hours of comfortable sleep. In the morning, the bowels

were relieved by three bilious evacuations, preceded and accompanied by slight nausea; and in twelve hours from the time of taking the second dose, the pains, inflammation, and febrile symptoms, entirely left him. The patient complained only of a slight weakness and stiffness in the joints, which soon wore off.

Mr. Everett, having a strong predisposition to the gout, has been in the habit of experiencing repeated visits of that disorder, especially in cold or changeable weather. Upon all these occasions he has found the happiest effects from an early application to the Tincture. In the month of August, 1816, after performing a fatiguing journey, he found himself suddenly attacked by the gout, in circumstances in which he was not able to procure a bottle of the Tincture; and he was advised to make trial of *Reynold's gout specific*, which, he says, was in the first instance tolerably successful in removing the paroxysm. Repeated attacks, however, followed each other in very close succession, and every time that he recurred to this pretended



specific, it proved less efficacious, and its consequences more distressing.

At length, the disease having become so general that almost every joint was affected, he again resorted to the use of the Tincture. The dreadful symptoms immediately began to subside; he was speedily restored to health; and is hereby happy to express his firm persuasion that no remedy, hitherto discovered, save Dr. Wilson's Tincture, is at once so safe and efficacious, for the speedy removal of the gout.

In the spring of 1820, Mr. Everett was induced to allow an attack of gout, with which he was severely afflicted, to pursue a natural and uninterrupted course, in the hopes that he might afterwards enjoy a longer and more entire freedom from its visits, than what he had been accustomed to experience. After enduring inexpressible agony during a period of two months, in which time the disease had visited in succession every joint of both the upper and lower extremities, and had induced a state of extreme emaciation and debility, without even a prospect

of any speedy termination of his sufferings, he became abundantly convinced that his hopes of the salutary operations of an uninterrupted or protracted paroxysm, were in every respect delusive. Mr. Everett accordingly recurred to the Tincture, under these unfavourable circumstances. The paroxysm, as heretofore, was speedily subdued; and the patient became generally convalescent. But the gouty disposition, which he had hoped to correct, was more strongly than before established in the habit. Attack followed attack in such rapid succession, that the unhappy sufferer now scarcely experienced any intermission or freedom from the disease.

In this deplorable state, I put the patient upon an active course of the Alterative Aperient Pills, assisted by aperient draughts, and *the occasional use of the Tincture*. The good effects of this treatment far exceeded his most sanguine expectations. The gouty disposition has been so far corrected by the plan, which he pursues to the present moment with great regularity, that he has not been

confined a single day during the last eighteen months, either by the gout or any other malady ; and his constitution is at length restored to a permanently healthy state.

*Case V.*

Mr. Luffe, of Benhall, has been for many years subject to the gout. In February, 1813, he was attacked by a severe gouty lumbago. After suffering great agony for some days, under the fostering influence of *patience and flannel*, I directed him to take *sixty minims* of the Tincture on going to bed. In less than three hours, the gouty symptoms began to subside ; and on the following evening the patient was perfectly recovered from the attack.

Mr. Luffe has ever since enjoyed a good state of health ; and though occasionally visited by attacks of the gout, they have generally been very slight, and have always yielded in a very short time to one, or at most two, doses of the Tincture, administered agreeably to the prescribed directions.

*Case VI.*

Thomas Mitchell, Esq., of Saxmundham, has been for several years subject to the gout. About the middle of February, 1814, he was seized with a most tremendous paroxysm in both feet. The muscles of the neck, from the ear downwards, also became affected. In this deplorable situation, he lay nearly three months, unable to move in bed, and suffering most excruciating agony. At length, not being able to obtain any mitigation of his sufferings by other means, he was prevailed upon to make trial of the Tincture, of which he took *sixty minims* at bed-time. The pains were soon considerably alleviated, and he obtained, for the first time since the attack, several hours of comfortable rest. The patient was directed to take a similar dose of the Tincture on the following evening. In a few hours, a copious perspiration ensued; and on the following day the bowels were relieved by several bilious evacuations. In the mean time, the symptoms of gout quickly dis-

appeared; and in three days from the time of taking the first dose, the paroxysm had entirely subsided.

The patient was most agreeably surprised to find, that though for several weeks he had not been able to put his feet to the ground, he could now walk about the room with tolerable ease. Great weakness and stiffness of the joints, the effects of such a long and severe attack, of course still remained; but by the usual restorative treatment employed during the period of convalescence, the patient had the happiness to experience a very speedy and complete re-establishment of his general health.

#### *Case VII.*

The Rev. William Bradley, vicar of Aldborough, was attacked in November, 1814, by a severe fit of the gout. After suffering a few days, he was desirous of taking the Tincture, (the efficacy of which he had witnessed in a case nearly similar, which had occurred in his

own parish,) and he accordingly took *sixty minims* at his usual time of going to bed. The medicine produced a gentle perspiration during the greater part of the night; and the pains in the joints were somewhat relieved in the morning: but at the end of twenty-four hours, some uneasy sensations still remaining, he took a similar dose of the medicine, which completely dispelled every symptom of gout.

#### *Case VIII.*

Mr. Godfrey, of Wenhaston, has been for many years subject to frequent paroxysms of gout. In February, 1815, he had a severe attack in both feet. After suffering most severely for seven weeks, during which time he was entirely confined to his room and unable to move, he was desirous of trying the Tincture, of which he took *sixty minims* at bed-time. He rested much better than he had done for several preceding nights. In the morning the pains were greatly alleviated, and he could bear some motion of the affected limbs. The medicine operated

freely on the bowels, producing bilious evacuations. The next evening, I directed him to take a similar dose of the medicine. He had, accordingly, a very comfortable night, and on the following morning was able to dress himself, and walk down stairs with perfect ease; all the symptoms of the gout having entirely disappeared. He complained only of weakness in the joints, induced by previous inflammation; but this soon wore off.

Mr. G. continued free from gout, from the spring of 1815 to the autumn of 1818, when he was again seized in the ball of the great toe and instep of the left foot. This attack yielded to three doses of the Tincture, of thirty minims each; administered at intervals of forty-eight hours; and aided by the daily use of purgative medicines.

Mr. G. is upwards of seventy years of age; and has enjoyed much longer intervals from the gout since he became acquainted with this medicine: his health, likewise, is much better in every respect.

*Case IX.*

The Rev. Edward Auriol Hay Drummond, D.D., rector of Hadleigh, in the county of Suffolk, may be numbered among the greatest sufferers in gout, having experienced many severe and tedious attacks during a great number of years. In September, 1815, Dr. D. had a violent attack in the left foot, left knee, and fingers of the left hand, which were greatly swollen and inflamed, and the joints stiff and immovable. On the evening of the 22d, he took *forty minims* of the Tincture. The first effect was a profuse perspiration; then a comfortable sleep; and, in less than ten hours, a total relief from pain. In the morning, the medicine operated powerfully on the stomach and bowels, producing copious bilious evacuations both by vomiting and stool. In less than twenty-four hours, from being incapable of moving his limbs in bed, he was enabled to rise, and walk about the room; and in five days, was able to go abroad perfectly recovered from the attack.



Dr. D. continued perfectly free from gout until August, 1816, when he was again seized in the fingers of the left hand, one elbow, and both feet; but by taking the Tincture for three successive nights, the paroxysm totally disappeared, and the patient was enabled in ten days to undertake a journey from Hadleigh to his house at Southwold, a distance of fifty miles.

Case X.

Prior Johnson, Esq., of Aldborough, is subject to occasional attacks of the gout; and has, at various times, had recourse to the Tincture, in doses of *twenty* or *thirty drops*, with complete success. Though administered in such small quantities, it has never failed, after three or four doses, which he generally takes at bed-time, to remove the paroxysm.

In December, 1816, after an exposure to cold and wet, this patient was attacked with a severe gouty lumbago; which, in like manner, yielded, very speedily, to small doses of the Tincture.

*Case XI.*

Mrs. Slade, a widow lady, residing at Woodbridge, in this county, has been a great sufferer from gout for more than twenty years, which disease she inherited from her parents. Of late years the attacks have not been confined to the feet, but have visited, with great severity, the joints of the fingers, the wrists, the knees, and the ankles ; and have frequently confined her for more than two months at a time.

When the *Eau Medicinale* was generally in use, she was advised by a physician of eminence to take it, and the paroxysms were considerably relieved by it. But though she always had recourse to it in very small and cautious doses, not exceeding the fifth or the sixth part of a bottle ; yet she observed, that it invariably left her in such a state of lassitude and general debility, as well as under such great mental depression, that, generally, more than three months elapsed before she could regain her usual state of health ;

and not unfrequently she had to encounter a new attack before she had completely recovered from the old one. At length, finding her health on the decline, she was obliged to desist entirely from the use of the French medicine.

Since the more general introduction of the Tincture to public notice, as a remedy for gout, Mrs. Slade has been induced to take it, and very candidly acknowledges, after repeated trials, that its effects, in every instance, have far exceeded her most sanguine expectations. After taking about thirty minims (her usual dose), the pain and febrile symptoms speedily abate. In twenty-four hours, and sometimes in less time, the disorder is uniformly subdued; with only a gentle operation on the bowels; always leaving her in perfect health, and in the complete enjoyment of all the functions both of body and mind. This lady is so highly satisfied with the effects of the medicine, that she has requested me, here, to publish her case; that others of her sex, labouring under similar sufferings, may be

encouraged to take it, and may share in the benefits resulting from its use.

*Case XII.*

The Duke of Beaufort experienced a severe attack of gout in the foot, about the middle of May, 1817. After relieving the bowels by an aperient, I directed the Tincture to be exhibited in a dose of forty minims at bed-time. On the following day the medicine operated slightly on the bowels, but the pain and inflammation were not sensibly diminished, and a similar dose of the Tincture was exhibited on going to bed. This was followed by copious bilious evacuations from the bowels, and by a rapid abatement of all the gouty symptoms. As some slight pain and uneasiness remained after forty-eight hours from the time of taking the second dose, the Tincture was again administered in a dose of thirty minims, which completely removed the paroxsym; leaving a slight tenderness only, which soon went off. His Grace expressed

himself highly satisfied with the effects of the Tincture.

I saw the Duke again in May, 1818, at which time he was in perfect health; and had continued so since the above report.

### *Case XIII.*

My attendance was required on the Earl of Scarborough, in May, 1818, in a severe attack of gout in the hand. The affected part assumed a shining red appearance, and was extremely painful. The bowels were first freely purged by a draught composed of one ounce and a half of the infusion of senna, two drachms of the tartrate of potash, and one drachm of the syrup of saffron. The Tincture was administered at bed-time in a dose of forty minims, followed in the morning early by an aperient draught, prepared with half a drachm of magnesia, two drachms of Epsom salts, and fifteen grains of rhubarb, in mint water. The medicines operated most satisfactorily by urine, by

perspiration, and by the bowels. Two more doses of the Tincture and of the aperient draught (the former in doses of thirty minims) were exhibited in the usual way, at intervals of twenty-four hours. The bowels continued to be freely moved, and in about five days the gout had entirely left the hand. At this period the tongue was clean, and both the fæces and urine had acquired their natural appearance. The patient recovered his health and strength in the most favourable manner.

Though in previous paroxysms of gout his lordship had recurred to the Tincture with complete success and with great satisfaction; yet this attack, of equal severity, in which purgative medicines were employed, yielded more readily than any of the former, and in less than half the usual time.

#### *Case XIV.*

The Earl of Essex did me the honour of a personal interview, in May, 1818, and expressed his perfect satisfaction with the effects of

the Tincture in every trial he had made with it, assuring me that it always had operated most favourably in subduing the paroxysms of gout. His Lordship further stated, that he had, at different periods, made trial of a variety of medicines that had been recommended for the gout; but that none of them had afforded him that complete and permanent satisfaction which he had derived from the use of the Tincture.

*Case XV.*

The Honourable S. Ongley has suffered from frequent and severe fits of the gout during many years. Gout is hereditary in his family, his brother, the late Lord Ongley, having died of it at the age of 43.

Mr. O. has paid strict attention to regimen of late years; was formerly accustomed to strong and violent exercise on horseback, especially in hunting. He has tried almost every remedy, or mode of treatment that has, at different times, been held in esteem, for the cure or alleviation of this deplorable malady. Dr. Kinglake's cold

applications — eau medicinale — leeches and blood-letting — embrocations — vapour bath — Scudamore's medicines, &c. &c. ; but these have all fallen short, far short, of that relief which he has uniformly derived from the Tincture ; the use of which he has continued for several years, and has never once been disappointed in its effects\*.

\* I may here observe, however, that the benefit to be derived from the Tincture does not always take place to the same degree or extent in *different* individuals ; nor even in the same person, at different times. This must be attributed, not to any accidental difference in the nature or quality of the Tincture, but to the different state of the constitution of different individuals, or of the same individual, at different times ; and in many cases, too, to the more or less free application of the *exciting causes* of the disease. The following extracts from letters, received from Mr. Ongley, will partly exemplify this statement.—*Letter, dated January 26, 1819.* “ Mr. Ongley is a great advocate for your Gout Tincture, which he has taken with success for this last year and a half ; but during this winter it seems to have lost its usual effects on his constitution, as he seldom is free from the gout more than a week or ten days at the utmost.”—*Letter, dated March 8, 1820.* “ Mr. O. has been this winter less troubled than usual with the gout, though he has had some slight attacks, which your medicine soon sends away. He continues as fond of it as usual.”



*Case XVI.*

C. W. Forester, Esq., M.P., has been a sufferer from the gout for many years. I was desired to visit Mr. F. in May, 1818, at which time he was labouring under a severe paroxysm. I prescribed a purgative draught, composed of the tartrate of potash, three drachms, and infusion of senna, two ounces, which operated freely on the bowels. The Tincture was exhibited in a dose of fifty minims in the evening of the 25th, and the purgative draught, like the former, on the morning of the 26th. The bowels continued to be freely moved during the day; but the patient having obtained no apparent relief from gout, the Tincture was directed to be repeated at bedtime, in a dose of forty minims; and the purgative draught on the morning of the 27th. The medicines acted on the bowels, on the skin, and on the kidneys, in the most desirable manner, and the gout at length began to give way; but the paroxysm was not completely removed till three more doses of the Tincture, each dose con-

sisting of forty minims, and an equal number of purgative doses had been duly and regularly exhibited.

This case of Acute Gout, considering the very powerful and active treatment which had been employed, was, on the whole, one of the most tedious and intractable that I had ever witnessed.

The convalescent treatment was conducted on the general plan I have so repeatedly described.

#### *Case XVII.*

W. C. Esq., of a robust habit of body, has been many years a martyr to gout, and subject to frequent and severe paroxysms. Prior to the use of the Tincture, which he has taken successfully for the last six years, he took the Eau Medicinale with speedy relief; but it affected the digestive organs so unfavourably, that he was compelled to desist from its use. In May, 1819, he was attacked most severely in the hand and wrist—a more severe paroxysm I never witnessed. The pulse was strong and full, the skin hot and dry, the tongue parched and furred,

the urine high-coloured, the bowels costive, the pain and inflammation most severe, and much nervous irritation prevailed. The bowels were first relieved by taking three Alterative Aperient Pills over night, and a draught in the morning, composed of infusion of senna, two ounces, and tartrate of potash, three drachms. After this the Tincture was taken, in a dose of fifty minims, in the evening; and the purgative draught was repeated on the following morning. The medicines operated most favourably by perspiration, urine, and by copious bilious evacuations from the bowels, followed by great relief from pain. The Tincture was repeated in forty-eight hours, in a dose of forty minims. The patient rested well. The purgative draught was repeated in the morning, and the bowels were freely moved. Suffice it to say, that at the end of five days the paroxysm had entirely left him. The convalescent period was conducted on the general plan recommended in this Treatise; and in a few days the patient resumed his usual health and spirits.

Mr. C. experienced a severe return of gout in April, 1820. At the time I visited him it had been of several days' duration. He had been taking the vinum Colchici of Sir Everard Home daily and regularly, by the advice of a physician of eminence; but not with that degree of benefit which he had been led to expect from it. He recurred to the Tincture with speedy relief to the symptoms, and candidly acknowledged its superior efficacy.

After this the patient, having sustained several severe conflicts with the gout, consulted Dr. Scudamore, who put him upon a course of alterative and purgative medicines, together with the use of small doses of the *extract* of Colchicum, with the view of correcting the disposition to frequent returns. Under their use the patient certainly remained free from the actual invasion of gout, but the course had no sooner been finished, than the gout returned with tremendous violence, in an attack of ten weeks' duration; from which, as might be apprehended,

the patient's constitution suffered most severely.

For some weeks past Mr. C. has been under a course of my Alterative Aperient Pills; and it is with much satisfaction I can state, that he has since been unusually free from gout, and has already derived material improvement in regard to his general health.

#### *Case XVIII.*

The Hon. Charles Wyndham experienced a severe attack of gouty lumbago in May, 1818, in consequence of exposure to cold when overheated by exercise. I found the patient lying on his back, incapable of moving, and in great agony. This attack was effectually subdued by two doses of the Tincture, assisted by purgatives, in the short space of three days. The Tincture was administered at bed-time, at intervals of forty-eight hours; and a purgative draught, composed of magnesia and Epsom salts, once or twice daily, according to the state of the bowels.

*Case XIX.*

Admiral Sir Henry Trollope did me the honour of a personal interview in May, 1820, expressed himself, respecting the Tincture, in the highest terms of approbation; it never failing to relieve him in paroxysms of gout, in the most favourable manner. The attacks of gout have been less frequent and less severe since the use of it; and his general health is much improved. He takes every night an aloetic pill, with advantage.

*Case XX.*

I was desired to visit His Royal Highness the Duke of Gloucester, in May, 1819. From the high opinion His Royal Highness entertained of the Tincture, having repeatedly noticed its salutary effects on others, he was desirous of consulting me respecting his constitution, and the best mode of exhibiting the medicine, in the event of an attack of gout, with which His Royal Highness had been now and then afflicted.

His Royal Highness informed me, that the

Tincture was also highly approved by His Majesty the King; that His Majesty had of late years invariably resorted to it on all proper occasions, under the direction of his physicians; and that it had never failed to subdue the attacks of gout, with which His Majesty is occasionally afflicted, in the most favourable manner; and with benefit to his constitution.

The then Lord Rous, now Earl of Stradbroke, first recommended the Tincture to His Majesty; and his Lordship has since received the thanks of His Majesty for having done so.—See Lord Rous's letter in the Introduction.

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These cases, in general, are not collected from distant places; nor are they the happy exceptions to a general system of failure. They have most of them occurred within a small circuit; viz., within the range of the author's own practice. The patients are many of them personally known to each other, and have had frequent opportunities of conversing on the state of

their health since using the Tincture ; also of detecting every unfavourable symptom (if any could be discovered) consequent on their use of it.

In some of the cases, it will appear, that much larger doses of the medicine were exhibited than have since been found necessary ; still, not the slightest dangerous or deleterious effect has ensued. This is a clear proof, that, within the prescribed limits, no rational fear can exist against the use of the Tincture, in those cases to which it has been found peculiarly applicable.

#### OF THE TREATMENT OF CHRONIC GOUT.

THE chronic state of gout being truly a modification of the acute, and essentially the same disease, with a difference only of degree and circumstance, it follows as a consequence, that the same general mode of treatment is applicable to each. As, however, in chronic gout the functions of the internal viscera, especially those of the alimentary canal, are often more severely and permanently disordered, an altera-



tive and purgative treatment is more particularly indicated; and must, in most instances, be pursued to a greater extent, and for a longer continuance. Experience has taught me that in those distressing and tedious examples of chronic gout, in which the inflammatory affection of the joints is associated with a morbid state of the digestive organs, a languid pulse, much nervous irritation, œdematous swelling of the legs, and impaired power of moving, the Tincture and Alterative Aperient Pills should be regularly administered on alternate nights; and one of the aperient draughts each morning, in doses carefully adapted to the strength of the patient, and urgency of the symptoms; persevering in the use of the medicines in question, until the pain, the inflammation, and the other local symptoms connected with the paroxysm, are entirely subdued; and afterwards, upon any evidence of vitiated secretion remaining, continuing the use of the Alterative Aperient Pills each night, and the aperient draught each morning; until the tongue becomes clean and moist,

and the fæces and urine acquire a healthy character.

In the subsequent treatment of chronic gout, suitable means should be employed to strengthen the stomach, and restore the general health.

The most effectual medicines for strengthening the stomach are the preparations of iron, the Peruvian bark, and bitters combined with aromatics. According to Dr. Cullen, the best preparation of iron is the rust or metallic oxide in fine powder, which may be given in large doses.

The following formulæ of tonic medicines are recommended to be employed, as the one or the other may happen to be best suited to particular cases:—

- R Ferri Carbon. Pulv., gr. xv—xxx;  
 Sodæ Carbonatis, gr. x;  
 Pulv. Aromat., gr. v;  
 — Rhæi, gr. ij. M. ut fiat Pulvis, bis in dies sumendus;  
 vel,  
 R Decoct. Cinchonæ, ℥vss;  
 Tinct. Cinchon. Comp., ℥ss;  
 Ammon. Carbon., ℥ss. M. ut fiat Mistura; ejus sumantur cochlearia ampla tria bis quotidie;

vel,

R Pulv. Calumbæ, gr. xv ;  
 Sodæ Carbonat. Pulv., gr. x ;  
 Pulv. Aromatic. gr. v ;  
 — Rhei, gr. ij. M. fiat Pulvis, bis in dies sumendus ;  
 vel,

R Infus. Calumbæ, ℥vss ;  
 Tinct. Cardamom. Comp., ℥ss ;  
 Sodæ Carbonatis, ℥j. Fiat mistura, de quâ capiat æger  
 cochlearia ampla tria bis in dies ;  
 vel,

R Infus. Aurantii. Compos., ℥ix ;  
 Tinct. Cardamom. Compos., ℥j ;  
 Sodæ Carbonatis, gr. xv. M. ut fiat Haustus, bis  
 quotidie sumendus.

The Bath, Bristol, or Buxton waters, may be drunk, in many cases of chronic gout, with considerable advantage ; being unquestionably well adapted to that dyspepsia of the gouty which is connected with a languid circulation, and a great deficiency of nervous energy. Authors, however, seem very well agreed, that both the external and the internal use of these waters should be forbidden, when any inflammatory tendency, or active state of gout is present.

For strengthening the system in general, the patient must take regular exercise on horse-

back, and must use moderate walking proportioned to his strength. The constitutional treatment must be conducted, in every respect, on the same general principles as have been already described in cases of convalescence from the regular gout.

The local treatment, adapted to the improvement of the weakened limbs, requires peculiar attention. The daily practice of morning sponging with tepid salt water, and diligent friction, with or without the stimulating lineament, according as the energy of the parts is more or less defective ; together with the use of circular rollers, is always of great service, in the disabled or weakened state of the limbs, consequent on chronic gout.

When from neglected and encouraged gouty inflammation, or any other cause, contractions have taken place in the limbs, manual friction, properly conducted, is often very successful. But the friction must be daily and regularly pursued, for at least one hour each morning, or night and morning, in order to restore the con-

tracted limbs to their former suppleness and strength.

In cases of uric concretions or chalk-stones, the emplastrum saponis, or soap plaster, spread on soft leather, should be constantly worn on the affected parts.

In chronic gout, it is particularly necessary to guard against cold; and the most certain means of doing this is, by repairing to a warm climate during the winter.

#### CASES OF CHRONIC GOUT.

##### *Case I.*

THE Earl of Newburgh has been for many years a great sufferer from the gout. The attacks of late years have been frequent and tedious, though less painful than formerly. The functions of the stomach have, during the latter attacks, been considerably deranged, and the nervous system much disturbed. I was desired to visit his Lordship in May, 1818, in an attack of gout chiefly confined to the hand, which

was swollen, painful, and slightly discoloured. The bowels had been well relieved by a purgative medicine, and the patient was directed to take forty minims of the Tincture at night, and a purgative draught in the morning, composed of half a drachm of magnesia, and three drachms of Epsom salts, in mint water; the latter to be repeated in the course of the morning, if necessary. The medicines acted on the skin, the kidneys, and the bowels, most favourably; which rendered the repetition of the draught unnecessary. The inflammation, during this and the following day, gradually diminished. The Tincture was repeated in forty-eight hours in a dose of thirty-five minims; and the purgative draught above-mentioned, on the following morning. At the end of the fifth day, from the time of taking the Tincture, the attack, which otherwise might have continued for several weeks, was completely subdued.

The patient being of a bilious habit, I now directed, in conjunction with my usual local treatment, some Alterative Aperient Pills, to

be taken each alternate night, and the continuance of the purgative draught, above prescribed, each alternate morning. In three weeks, I had the satisfaction to observe a considerable improvement in his Lordship's general health. See his Letter in the Appendix.

*Case II.*

General Pigot has been for many years afflicted with the gout. Of late years his attacks have been more frequent than formerly, though, perhaps, on the whole, not altogether so painful, the disease having assumed, in a great degree, the character of chronic gout; dyspeptic and nervous symptoms have prevailed during the paroxysms and in the intervals of the attacks.

I visited the patient in May, 1818, in an attack in the feet, which had been of long continuance. The parts were considerably swollen and painful. The Tincture was directed to be taken each alternate night, in doses varying from forty to twenty-five minims, according to circumstances; and the aperient draught with

rhubarb was recommended to be taken on the morning after each dose of the Tincture. In a few days the pain and inflammation were completely subdued; and the patient was directed to take an Alterative Aperient Pill every other night. This plan was pursued for several weeks with great success, the patient daily experiencing an amendment in his general health and spirits.

In May, 1819, the patient had the appearance of good health, and had been only slightly attacked with gout since the above treatment; and he expressed his entire satisfaction with the effects of the remedies which he had employed.—See his Letter in the Appendix.

### *Case III.*

J. W. Weston, Esq., did me the honour of a consultation in May, 1818. This gentleman was originally of strong constitution, but for some years past had been dyspeptic, bilious, and a martyr to gout. The severity and frequency of attacks had produced much constitu-



tional debility, and an impaired state of health, with lameness, and an almost total loss of power in the lower extremities; also uric concretions, or chalk-stones, on his hands and feet; some of those on the feet being open, and occasionally discharging a chalk-like matter. Mr. W. informed me, that he had derived most essential benefit from the occasional use of the Tincture; and that it never failed to subdue his attacks of gout in the most favourable manner; that their returns had been less frequent since the use of it, and also more tractable; and that his digestive functions and general health were most materially improved.

On my visit in May, 1818, Mr. W., not suffering from actual gout, I prescribed a mild alterative and aperient course of medicine, with the view of correcting the disposition to the disease; and directed the weakened limbs to be treated on the usual plan of salt water sponging and diligent friction; also the weakened parts to be rubbed every night, or every night and morning, with the linimentum camphoræ compositum

and linimentum saponis compositum, in equal proportions; and to the parts affected with uric concretions, to be applied daily, the emplastrum saponis, or soap plaster; first rubbing on a lotion, consisting of one part of liquor potassæ to two parts of mistura amygdalæ; and lastly, a circular roller to be applied to the lower extremities.

I again visited Mr. Weston at the Royal Crescent, Bath, in May, 1819. The patient had received considerable benefit from the alterative aperient treatment above-mentioned, and from the local applications. He had continued also to derive his accustomed relief from the occasional use of the Tincture; and a very sensible improvement had taken place in the general health and appearance of the patient. Dr. Wilson appeals to the Bath physicians for the truth of these assertions.

#### *Case IV.*

The Honourable E. P. has been a great sufferer from gout for many years. Of late years

the symptoms have assumed more of the chronic than of the acute form of the disease. In May, 1818, he complained of great weakness and loss of power in the lower extremities, which were œdematous and painful; he complained also of pains in the left arm and shoulder, of a rheumatic character. This state of chronic gout had been of many months' duration; the digestive functions were much impaired, and much serious irritation prevailed.

The Tincture and purgative draught were directed to be taken; the former each night, and the latter each morning, for three successive days; by which means the painful sensations were effectually subdued; after which, some Alterative Aperient Pills were exhibited every night for a week; and afterwards five grains of the *pilula hydrargyri* every other night, and a purgative draught every morning, or every other morning, for a fortnight. The salt wash was directed to be applied to the lower extremities in the usual manner every morning; and the weakened parts were diligently rubbed with the

*stimulating liniment*, consisting of equal parts of linim. camphoræ compos. and linim. sapon. comp. ; and after the operation they were carefully bound round by a circular roller.

In little more than three weeks, I had the satisfaction to observe a very sensible amendment in the health of my patient. The œdematous swellings of the lower extremities had subsided, the digestive functions were improved, and the patient was able to walk much better than he had done for a long period of time. He paid me a visit on foot at my lodgings, in Lower Grosvenor-street ; walking up stairs and down with great alacrity and ease, and without the least assistance ; though for many months before he had scarcely been able to walk at all, or even to put his feet to the ground. I attended Mr. P. again in May, 1822, and had the happiness to find that he continued to enjoy, upon the whole, a very good state of health, except from occasional attacks of gout, which he subdues, on every occasion, by means of the Tincture. I

advised a similar preventive treatment as in the succeeding case.

*Case V.*

R. H. C., Esq., Secretary to the Ordnance Office, has been much afflicted with gout during upwards of twenty-five years. Of late years two, and sometimes three, attacks in the year; each attack of long duration, one following the other in such quick succession, that the patient scarcely had any entire respite from the disorder. The digestive organs much deranged, the bowels irregular, for the most part costive, the motions dark and offensive; the urine variable, sometimes high coloured, sometimes depositing much sediment, and at other times pale and limpid; the appetite was impaired, the tongue more or less furred, and the nervous system much disturbed. The habits of the patient were regular but sedentary, owing to long and unremitting attention to business. Of late years, the patient has become consi-

derably emaciated, and his general health and strength much impaired, from the many and repeated attacks of this cruel disorder. Several of the smaller joints of the fingers and toes much enlarged, and the power of bending them entirely destroyed. Chalk-stones are also deposited on some of the joints, which are rendered stiff and immoveable.

In November, 1818, I directed the patient to take twenty grains of magnesia, and one drachm and a half of Epsom salts, in cold water or ginger-tea, every morning. This medicine seldom failed to operate speedily and gently on the bowels. With the further view of correcting the impaired state of the digestive organs, I also directed the occasional use (once or twice a week according to circumstances) of the *Alterative Aperient Pills*. This treatment was pursued, in conjunction with strict attention to diet, with uninterrupted regularity from the above period, viz., November, 1818, to February, 1820; the patient, during the whole of this period, remaining perfectly free from gout, and having had the

happiness to experience a very considerable amendment in his general health; the digestive organs and the pulse were restored to a healthy state; and he enjoyed greater alacrity in the functions both of body and mind, than he had for a long time before experienced; the enlarged joints were restored nearly to their natural dimensions, especially those of the toes; and the joints themselves, excepting two of the fingers which had been *anchylosed* many years, recovered, in a great measure, their natural suppleness and strength.

In February, 1820, in consequence of exposure to cold, Mr. C. had a return of gout, but which had more of the *acute* than of the *chronic* character; he was under the care of a physician of eminence six weeks, during which time he took many medicines with only slight relief. The patient now made up his mind to take the Tincture; of which I directed him to take ten minims with his usual purgative draught, three times a day. All the gouty symptoms gave way after taking two or three doses of the me-

dicine, to the great satisfaction of the patient and his friends.

The alterative and purgative treatment has since been regularly pursued; and the patient has not been confined by the gout more than a day or two, having had only one other attack, in January, 1821, which was speedily subdued by thirty minims of the Tincture, taken in a single dose.

#### *Case VI.*

Owen Williams, Esq., has been for many years afflicted with frequent and severe attacks of gout, associated with an unhealthy state of the digestive organs, and more particularly of the functions of the liver. I was desired to visit Mr. W. in May, 1819, in an attack of gout, affecting both his feet. The attack had already been of several days' duration; and, under the directions of Sir Everard Home, the patient had been taking Sir Everard's Wine of Colchicum, (more properly an impure watery infusion of colchicum) procured from Fisher's,



in Conduit-street; but this medicine was not followed with that relief which its patron had led the patient to expect from it; though many doses, amounting in all to about half the bottle, had been taken agreeably to Sir Everard's written direction.

I adopted my usual treatment with speedy success. Similar instances, without number, of failures from the Wine Tincture and Vinegar of Colchicum, have fallen under my observation; in which almost instantaneous relief followed from the use of the Tincture, and the mode of treatment recommended in this work.

Upon a regular perseverance in a mild, alterative, and aperient course of medicine, would the patient's future health and freedom from gout wholly depend; together with a due observance of regulated diet, exercise, and regular habits.

Mr. W. assured me, that with the intention of strengthening the lower extremities, he had frequently derived most material benefit from the use of a *foot bath*, prepared by adding to a

gallon of water, of the temperature of 100°, one ounce and a half of muriatic acid. The feet to be immersed for fifteen or twenty minutes at bed-time, going to bed immediately after with lamb's-wool stockings on, in order to keep up a gentle perspiration; to walk out each day, after the bath, with only the usual clothing to the feet.

#### THE TREATMENT OF RETROCEDENT GOUT.

THIS variety of the gout assumes such various appearances, and is frequently connected with such distressing and even fatal consequences, that it will seldom be prudent for the patient or his friends to attempt its cure, without at the same time availing themselves of the assistance of some able and experienced practitioner.

The retrocedent gout attacks either the stomach, the bowels, the heart, the lungs, or the head. In these several cases the danger is pressing; and unless relief be speedily obtained, death soon closes the scene.

The following rules for general treatment are

recommended by Dr. Cullen:—"When this affects the stomach and intestines, relief is to be instantly attempted by the free use of strong wines, joined with spices, and given warm; or if these shall not prove powerful enough, ardent spirits must be employed, and are to be given in a large dose. In moderate attacks, ardent spirits impregnated with garlic, or with assafoetida may be employed; or, even without the ardent spirits, a solution of assafoetida with the volatile alkali may answer the purpose. Opiates are often an effectual remedy, and may be joined with aromatics, as in the *Confectio Opii*; or they may be usefully joined with volatile alkali and camphor. Musk has likewise proved useful in this disease\*.

"When the affection of the stomach is accompanied with vomiting, this may be encouraged

\* The most powerful remedy, in my opinion, is a large dose of the *Tincture of Opium*, which often brings immediate relief. From sixty to one hundred drops may be given without scruple. It may also be repeated in free doses, every fifteen or twenty minutes, until the wished-for relief be obtained.

by taking draughts of warm wine, at first with water, and afterwards without it; having at length recourse, if necessary, to some of the remedies above mentioned, and particularly the opiates.

“ In like manner, if the intestines be affected with diarrhœa, this is to be at first encouraged by taking plentifully of weak broth; and when this shall have been done sufficiently, the tumult is to be quieted by opiates.

“ When the retrocedent gout shall affect the lungs, and produce asthma, this is to be cured by opiates, by antispasmodics, and, perhaps, by blistering on the breast or back.

“ When the gout, leaving the extremities, shall affect the head, and produce pain, vertigo, apoplexy, or palsy, our resources are very precarious. The most probable means of relief, is blistering the head; and if the gout shall have receded very entirely from the extremities, blisters may be applied to these also. Together with these blisterings, aromatics and

the volatile alkali may be thrown into the stomach \*."

In the several cases of retrocedent gout above mentioned, an attempt to solicit back the disease to the extremities should be made by means of warm fomentations, or sinapisms, and by warm covering; also by putting the feet into warm water, which may be rendered more efficacious by the addition of mustard and salt.

If the above modes of treatment should fail of affording relief, I am much inclined, in some of these cases, to advise a trial of the Tincture. An instance will be found in the Appendix, of a respectable clergyman, in the west of England, who received the most important benefit from it, when labouring under violent spasmodic attacks of gout in the head and sto-

\* In cases where apoplexy succeeds to gout, the chief dependance is on copious bleeding from the arm, and cupping; to be employed to the fullest extent that the pulse will permit.—*Author.*

mach, after having tried various other means without success.

Mr. Norman, of Huntingfield, in the autumn of 1818, was suddenly seized with excruciating pain in the stomach, and extreme oppression from flatus, which came on after getting wet in the feet during a paroxysm of gout; and was almost instantaneously relieved from these alarming symptoms by a large dose of the Tincture, which was administered to him by Mrs. Norman. It was with the utmost difficulty that he could swallow the medicine.

Whether the translation so frequently made from the extremities to the kidneys, occasioning the *nephralgia calculosa*, or calculous affection of these organs; or to the neck of the bladder, producing pain and strangury; or that to the rectum, occasioning sometimes pain alone in that part, and sometimes hæmorrhoidal swellings, are to be considered as instances of the retrocedent or misplaced gout, seems, as Dr. Cullen observes, uncertain. I am, however, much disposed to think, that these attacks,

though sometimes accompanied with inflammation, are rather instances of the retrocedent than of the misplaced gout; and that, in such cases, the usual remedies for inflammation should be employed no further than they may be otherwise sometimes necessary in those diseases arising from other causes than the gout.

I am informed that the present Lord Spencer, in a most painful gouty attack at the neck of the bladder, accompanied with strangury, and an almost total suppression of urine, obtained very speedy relief from a dose of the Tincture, after all other resources had failed. The Tincture was administered to his Lordship by his own family surgeon.

As this variety of the gout is most commonly a consequence of neglected or protracted paroxysms of the regular gout, I am confident that it might, in almost every instance, be prevented by an immediate application to the Tincture at the commencement of the paroxysm, and before the necessary time has been allowed for the disease to obtain this decided form.

## THE TREATMENT OF MISPLACED GOUT.

This variety of the gout is said to occur when the inflammatory affection of the gout, instead of falling upon the extremities, falls upon some internal part. In this case the Tincture will be of no avail; but the disease is to be treated by blood-letting, and by such other remedies as would be proper in an inflammation of the same parts arising from other causes.

## OF THE PREVENTION OF GOUT.

HAVING thus stated the treatment to be adopted in the cure of gout, and given a selection of cases in which that treatment was successful; it will now be requisite to point out the means best adapted to prevent the returns of the fit; for it is one of the most distressing characteristics of gout, that, if it be not prevented, it repeats its attacks, and frequently with more severity than on its first access. The reason of this, given by Dr. Cullen, is, that protracted or encouraged gout, by weakening the tone of the



parts, invites the returns of the paroxysm, and as the disease advances, renders them more frequent.

The prevention of diseases, in general, is to be attempted by avoiding the exciting causes, and correcting that state of the system which renders it capable of being acted upon by them. The gouty disposition being established in the constitution, the disease appears to be excited into action by every cause that increases the plethoric state of the system, which, as is stated above, gives the disposition to gout; and by those causes, that, in plethoric habits, induce a state of debility, or interrupt digestion. It follows, therefore, that the only safe and effectual mode of preventing the returns of gout, consists in employing such means as are best adapted to correct the predisposition or plethoric state of the system; and in avoiding those exciting causes, which, in plethoric habits, induce a state of debility, or indigestion.

After the paroxysm has been carried off by the Tincture, and the convalescence completed

in the manner above directed, the preventive means which are chiefly to be pursued, are, temperance and exercise, together with the use of the Alterative Aperient Pills; and, when a paroxysm is threatened, the occasional exhibition of the Tincture.

Among the best means for correcting the plethoric state of the system which gives rise to the disposition to gout, are abstinence and exercise. It is even probable that the paroxysms might be completely warded off, by rigidly abstaining from animal food and fermented liquors, and by persevering in constant and well-regulated exercise\*. This severe regimen, however, can only be followed with success while the

\* Van Swieten relates the case of a priest, who enjoyed a rich living, and had long suffered from the gout; but, happening at last to be taken by the pirates of Barbary, was detained there in a state of slavery for the space of two years, and kept constantly at work in the galleys, with only a very spare diet. The regimen he there underwent had this good effect, that after he was ransomed from his captivity, having lost his troublesome and monstrous fatness, he never once had a fit of the gout, though he lived several years after the event happened.

vigour of the system is fresh and entire; for when the constitution has been broken and worn down by frequent attacks of the disease, such rigid abstinence would be extremely injudicious, and might be productive of a chronic state of gout, and of other injurious consequences.

Before proceeding to give particular directions respecting the use and abuse of food and drink, it may be important to preface them with the history of two very remarkable cases of the effects which resulted from careful regimen, in order that the precepts may be fortified by example.

The first is the case of Mr. Wood, the miller, of Billericay, in Essex, which was published by Sir George Baker, in the *Medical Transactions*, for 1767, and proves, incontrovertibly, the great benefits of abstinence in the cure of gout, and other chronic diseases. It is as follows:—

“ Thomas Wood, born on the 30th of November, 1719, of parents, who were apt to be intemperate in their manner of living, was subject to various disorders, particularly the rheu-

matism, until he attained the age of thirteen years. He then had the small-pox in a favourable way, and from that time became healthy, and continued to have no complaints to the age of about forty-three years. From his attaining the state of manhood to this period, but especially during the latter part of the time, he indulged himself, even to excess, in fat meat, of which he used to eat voraciously three times a day; together with large quantities of butter and cheese; nor was he more cautious with respect to strong ale, which was his common drink. About his fortieth year he began to grow very fat; but finding that he had a good appetite, and digested his food without difficulty, and that his sleep was undisturbed, he made no alteration in his diet. It was in his forty-fourth year that he first began to be disturbed in his sleep, and to complain of the heart-burn, of frequent sickness at his stomach, pains in his bowels, head-ach, and vertigo. He was now sometimes costive, at other times in the opposite extreme; had almost a constant

thirst, a great lowness of spirits, violent rheumatism, and frequent attacks of the gout. He had likewise two epileptic fits, but the symptom which appeared to him to be the most formidable, was a sense of suffocation, which often came on him, particularly after his meals.

“ Under such a complication of diseases, every day increasing, he continued till the month of August, 1764. At this time the Reverend Mr. Powley, a worthy clergyman in the neighbourhood, observing his very ill state of health, and the extreme corpulence of his person, recommended to him an exact regimen, and pointed out the *Life of Cornaro*, as a book likely to suggest to him a salutary course of living. This book convinced him that intemperance was the principal cause of all his complaints; he therefore determined to try, whether, the cause being removed, the effects might not cease. However, he thought it prudent not to make a total change in his diet suddenly and at once; accordingly he at first confined himself to one pint only of his ale every day, and used animal food

sparingly. This method he soon found to answer to his satisfaction, for he felt easier and lighter, and his spirits became less oppressed. These good effects encouraged him to proceed in his experiment; and, therefore, after he had pursued the regimen before-mentioned, during two months, he deducted from his allowance half the former quantity of ale, and was still more sparing of gross animal food.

“ In this course he continued till the 4th of January, 1765, since which time he has entirely left off all malt liquor; and, in the following month, he began to drink only water, and to eat none except the lighter meats. Under this degree of abstinence, although some of his complaints were relieved, yet some of them remained in full force. The rheumatism tormented him, and still he had, now and then, slight fits of the gout. On the 4th of June following, he began the use of the cold bath, and continued it twice or thrice a week until the 29th of October, 1767. About the same time he began the exercise of the dumb bell, in which he per-

severes to this day. Water was his only drink from the beginning of January, 1765, to the 25th of the following October. From this day he drank no more until the 9th of May, 1766, when he drank two glasses and a half of water; since which he has drank no more of any liquor whatever, except only what he has taken in the form of medicine. He has avoided cheese ever since the 30th day of June, 1767. He began to abstain from butter some time sooner. The 31st of July, in the same year, was the last time of his eating any animal flesh. Since that date his diet has been principally confined to pudding made of sea biscuit. He allows himself very little sleep, generally going to bed at eight o'clock in the evening, sometimes even earlier, and generally rising about one o'clock in the morning, but being very rarely in bed after two o'clock.

“ Under this strict course of abstinence he still continues to live; and he expresses, in the highest terms, the great pleasure and tranquillity of mind which he enjoys in consequence.

“ The poor diet to which he has accustomed himself, is now as agreeable to his palate as his former food used to be ; and he has the additional satisfaction to find his health established, his spirits lively, his sleep no longer disturbed by frightful dreams ; and his strength of muscles so far improved, that he can carry a quarter of a ton weight, which weight he in vain attempted to carry when he was about the age of thirty years. His voice, which was entirely lost for several years, is now become clear and strong. In short, to use his own expression, he is metamorphosed from a monster to a person of a moderate size, from the condition of an unhealthy decrepit old man to perfect health, and to the vigour and activity of youth. His flesh is now firm, his complexion well coloured, and what is very remarkable, the integuments of his belly, which I expected to have found loose and pendulous, are contracted nearly in proportion to his diminished bulk.

“ Prejudiced by a commonly prevailing superstition, Mr. Wood never suffered himself to be



weighed, either during the state of his extreme corpulency, or since his reduction; but it is conjectured that he has lost ten, or perhaps eleven, stone weight. On being asked why he submitted to such very strict rules of diet, he answered, that as he was ten years older than Cornaro was when he began his regimen, he thought that, on this account, a more severe and abstemious course was necessary for him; and that he was greatly influenced by Dr. Cheyne's opinion, 'that Cornaro would probably have lived longer had his regimen been more strict.'

“ To the question, ‘ what first induced him to abstain from all drink ?’ he answered, ‘ that it happened one day that the servant had forgotten to bring his water at dinner, as usual; that being then full of business he did not think of calling for any, and that having found himself easier and less oppressed by that meal than common, he determined to try whether a total omission of all liquids might not be an improvement in his diet; and that he soon found the experiment answer.’ He added, that he

was farther encouraged to abstain from liquids by an observation which he had made in feeding hogs. He never allows these animals to drink, and to this he attributes the excellency of his pork; it being greatly valued on account of the whiteness and firmness of the flesh.

“ His business obliges him to use a great deal of exercise, particularly that of riding. Besides this he uses the dumb bell, as was before mentioned, and digs in his garden whenever he has leisure. But, let his exercise be ever so laborious, or ever so long continued, he has very little or no sensible perspiration. I have thrice had an opportunity of examining his pulse, about ten o'clock in the morning, after his having walked six hours. The first time I counted forty-five pulsations in a minute, the next time forty-seven, the last only forty-four. He makes every day about a pint and a half of urine, which is of a full amber colour. It has scarcely varied, either in quantity or appearance, ever since he left off drinking. He has seldom more than one stool in two days, or two in three

days. If it happens, at any time, that his body is in a less costive state, he finds himself languid and faint, and less able to go through his business. Although he wears thinner clothes than he used to wear, when in his state of corpulency, he finds himself much less sensible of external cold. He is likewise much less liable to catarrhs than he formerly was; nay, he even exposes himself to all weathers, and yet scarcely ever perceives the least degree of that indisposition.

“ From the time when he first entered upon the pudding diet he has been much less subject to flatulence, and still much less so than ever, since he left off drinking. It is to be added to the advantages which he has gained by his regimen, that he is now entirely free from gravel, a disorder to which he was formerly very subject. Mr. Wood is a great enemy to all fermented liquors, to butter, and to salt; nay, he even doubts of the wholesomeness of common bread, meaning bread which has undergone the process of fermentation; nor does he seem to build

this opinion on mere speculation, for he asserts, that when his pudding has, at any time, been made of common bread instead of sea biscuit, he has constantly found the effects of it to be thirst, unquiet sleep, and disagreeable dreams. The pudding, which was his sole support during two years, was made as follows:—three pints of skimmed milk, boiling, were poured on one pound of the best sea-biscuit, broken into pieces; this was done over night, and these ingredients were left to stand together until the following morning, when two eggs were added. This compound being boiled in a cloth about the space of an hour, became a pudding of sufficient consistence to be cut with a knife. Of this his quantity used to be one pound and a half at four or five o'clock in the morning, as his breakfast, and the same at noon, as his dinner; after which he abstained from food until the next day. But having grown fatter under the use of this diet, he judged it necessary to quit it, as being too nutritious; and during three months he lived on the following composition, *viz.*, one pound of

coarse flour, and one pint of water, boiled together. This he was at first much pleased with, but afterwards found it disagreeable to his stomach, and not easily digestible. The pudding which he now uses, is composed of one pound of the flour of which the best kind of sea-biscuit is made, boiled with a pint and a half of skimmed milk, without any other addition."

The conclusion of this case of an extraordinary course of abstemiousness, and its beneficial effects, was published in the third volume of the *Medical Transactions*. Mr. Wood continued to enjoy good health, in general, till May, 1783, when he caught cold by riding in the rain, with his coat and waistcoat unbuttoned, as usual, which brought on an inflammation of his bowels; a disease by which his mother and brother had also been carried off. A few days before his last illness he had travelled on horseback more than sixty miles, without any sense of fatigue.

The second case is that of Lewis Cornaro, the noble Venetian, who is a memorable in-

stance that a person disordered, and even reduced to the brink of the grave, may be restored to health and vigour for a great number of years. He had been a professed epicure and libertine until he entered into the fortieth year of his age, when his constitution was so far reduced by the cholic, impaired digestion, rheumatic pains, nervous fever, &c., that his physicians assured him he could not survive much longer than two months; and that no medicines whatever could avert this catastrophe, without abstinence and a steady adherence to a regulated diet. He punctually followed their advice, perceived symptoms of convalescence within a few days from the commencement of his plan of reformation: and, at the end of twelve months, was not only restored, but found himself in a better state of health than he ever had been during any period of his life. He resolved, therefore, to confine himself to a spare diet, and to take no more food than he considered absolutely necessary for his support; and thus he continued to live upwards of sixty years, during

which long period he carefully avoided violent heat, extreme cold, turbulent passions, and every kind of excess; and, by rigidly adhering to this plan, not only his body, but his mind, acquired so determined a tone, that no common incidents could affect them. At a very advanced age he lost a law-suit, which involved pecuniary concerns of great importance; in consequence of which two of his brothers died broken-hearted, but he still retained his health and equanimity. At another time his carriage was overturned, and dragged along by the horses, by which his arms and legs were dislocated; but they were reduced by his surgeon, and without taking any medicine he was soon restored. When Cornaro had reached his eightieth year, his friends prevailed on him to add a small portion to his daily quantum of food; alleging that his advanced age necessarily called for additional support. Although he was not convinced by this argument, being of opinion that, with the gradual decrease of strength in old age, our powers of digestion are more

feeble, and that we ought rather to diminish than to increase our food, in proportion to the decay of nature ; yet he yielded to the solicitations of his friends, and added a few ounces to his daily allowance. In giving an account of this circumstance, he says—" Scarcely had I proceeded in this new mode of living for ten days, before I found my spirits sensibly affected ; a fretful peevish temper succeeded to my former cheerfulness and gaiety, so that I became a burthen to myself and others ; this change of temper was followed by symptoms still more alarming. On the twelfth day I was attacked with a pain in my side, which continued for twenty-four hours together ; and soon after I found myself oppressed by a fever, that raged with unabated violence for thirty-five days, so that my life was despaired of. By the blessing of God, however, on returning to my former regimen, I recovered from this shock, and now enjoy, in my eighty-third year, health of body and serenity of mind ; I can mount my horse without assistance, can climb steep preci-



pices, and very lately I wrote a comedy, abounding with traits of innocent mirth and raillery. When I return home, after being engaged in my private affairs, or from the councils of state, I feel inexpressible satisfaction in the company of my grand-children, eleven in number, whose education, amusements, and songs, are the comfort of my age. I frequently join them in singing, as my voice is now stronger and clearer than I ever knew it to be in my youth; and as my happiness is not disturbed by the complaints, the moroseness, and melancholy humours so frequently the lot of intemperate old age."—In this happy frame of body and mind, Cornaro attained his hundredth year; his virtuous and memorable example, however, has hitherto had but few imitators.

Though these are very striking examples of the effects of temperate regimen; yet it is not to be expected, and it is not required, that those who are liable to gout should be rigorously bound down to observe rules which appear painful or disagreeable, provided that they can com-

mand a little philosophy. A short trial, indeed, will, in most cases, be sufficient, through the influence of habit, to render any slight privation, which may be requisite, almost as agreeable as the hurtful indulgence.

I shall now subjoin a few plain and practical rules, which, if properly observed, will go far to prevent the return of the paroxysms ; or, at least, to render them less frequent and less severe.

1. All the exciting causes of gout, which have already been enumerated, p. 28—41, must be carefully avoided. Among these is mentioned the free indulgence in wine and other fermented liquors. From all excess in the use of these the patient must carefully abstain, though a moderate use of such as are genuine and unadulterated, so far from being injurious, to the greater number of persons subject to gout, are often indispensable to their health and comfort, in consequence of their previous habits of living. Water is, without doubt, the most simple and natural beverage, and many, from taste, prefer it to any other. It may be remarked, however, that

even water-drinkers often exceed the bounds of moderation, deluge their stomachs, and prevent digestion. Those who do not relish water may safely use small beer, when it is found to agree with the stomach. When wine is taken during meals, it ought to be in very small quantities; and after dinner, when the influence of habit, or of example, renders it necessary, it will be proper to limit the quantity taken to a few glasses, at most four or five. It is also of the utmost importance to make a proper choice of wines. The best wines for persons liable to gout are such as contain the least acid, among which sherry, madeira, and port, may be mentioned, provided they be of good quality and old. All new wines, indeed, are improper, in consequence of their acid qualities. Sweet wines are also injurious, from the great quantity of sugar which they contain, and which is liable to produce fermentation. These cautions extend also to home-made wines, and to cider and perry, the acids and the sugar in which are injurious to those who are subject to gout. The

moderate use of soda water has, in many cases, been found beneficial.

Respecting the solid articles of food it may be said, that the choice, except under peculiar circumstances, may be safely left to the patient, who knows from experience what best agrees with him. Much excess in animal food has, however, been found injurious to the gouty ; and, therefore, it may be advisable to take it only once a day. Dried and salted meats are the hardest of digestion, and should either be abstained from, or very sparingly used ; and the same remark will apply to rich soups and high seasoned dishes, which, by their agreeable stimulus, offer temptations to excess, and tend to promote plethora in the system.

In avoiding the excessive use of animal food, care must be taken not to go to the other extreme of living entirely upon vegetables, especially those of the lowest nutritive quality ; for, in consequence of the small quantity of nourishment which the latter contain, and of their being generally hard of digestion, they tend to bring on de-

bility, which is no less to be guarded against than plethora. The vegetables which are in season are, when well boiled, the most beneficial ; but it will be proper, when the stomach is weak, to take only one sort at the same meal. Of undressed vegetables, horse-radish, mustard, garden and water cress, will be found the least injurious. A moderate use of salt, pepper, and mustard, when agreeable to the patient, may be taken without injury ; but excessive indulgence in condiments is hurtful. When white bread proves too astringent for the bowels, brown bread should be occasionally used.

2. In making any change in the usual manner of living, conformable to these directions, it is necessary to be cautious not to do it suddenly. The advice of Dr. Pitcairn to a Highland chieftain, who had been accustomed to drink every day a large bowl of whisky, and was desirous of breaking off the habit, is well deserving attention. The physician directed him to melt every day into his bowl as much wax as he could cover with the impression of his

seal; thus the quantity of the whisky was every day diminished, and the habit got rid of with the least violence to the constitution. This rule will apply to exercise as well as to temperance; for if persons of indolent or sedentary habits should suddenly embrace a course of severe bodily exercise, this could not be regularly continued, and would ultimately induce a state of debility.

3. Next to diet the principal preventives of gout are exercise, regular hours, and the avoiding of moisture, and the extremes of heat and cold. The degree of exercise must be proportioned to the strength of the patient, and it ought to be regularly persevered in. No kind of exercise is better for the gouty than walking, or riding on horseback every day, as it counteracts the pre-disposition to corpulence and plethora, and invigorates the system, by promoting healthy digestion. When circumstances permit, walking is even better than riding, from its exercising, and consequently, strengthening the joints and the lower extremities. When the

disease has disabled the patient from walking or riding on horseback, an airing once or twice a day in an open carriage, if the weather permit, will be of the greatest advantage.

The beneficial effects of exercise are most strikingly exemplified in the very remarkable difference between those who follow laborious employments in the open air, and those who are engaged in sedentary occupations, or spend their lives in indolence; for while the laborious usually enjoy health, the indolent and sedentary are afflicted, either with nervous affections, such as hysteria and hypochondriasis, or with all the distressing accompaniments of gout. The poor and the laborious are very rarely subject to gout; a sure indication that exercise and spare diet are hostile to its visits, and, of course, must rank high as preventives\*.

\* The following is an exemplification of the beneficial effects of exercise, from Dr. Johnson's *Treatise on Gout*:—"A young man, at the age of twenty-five years, was of a most enormous corpulence of body. He was an only son, and very rich. He experienced an attack of gout, which frightened him so much, that he entered on the following regime

The keeping of regular hours should be carefully attended to by those who are anxious to prevent the returns of gout. All painful diseases are apt to make those who are afflicted with them indulge themselves too long in bed. This is hurtful, insomuch as it indisposes to the activity so necessary for exercise, and relaxes and debilitates, not only the parts affected, but the whole system. It is the most healthful and natural practice to go early to bed, and rise betimes in the morning; for sleep, taken at an early part of the night, is found to be more refreshing than in the morning. From ten to six is, perhaps, the best period for health-

of exercise:—On Mondays he played at tennis, for three or four hours in the forenoon; on Tuesdays, he devoted the same space to mall; on Wednesdays, he hunted; on Thursdays, he rode; on Fridays, he exercised at arms; on Saturdays, he walked to one of his country-seats, three leagues distant; and on Sundays, returned on foot again. The remedy proved so successful, that, at the end of eighteen months, he was reduced to common dimensions. He married, and, continuing his exercises, he got rid of all the humours with which he had been gorged. From a mis-shapen mass, he became a well-made and vigorous man, exempt from gout, and enjoying perfect health.”



ful sleep. No person, who is following a preventive treatment for gout, ought to sit up later than twelve, or remain in bed later than eight.

The vicissitudes and extremes of temperature have already been mentioned among the frequent causes which give rise to gout. The patient should, therefore, endeavour to guard against the injurious effects of these, by preserving the body in as regular a temperature as possible; most carefully avoiding any unusual degree of heat or cold. He should wear flannel or fleecy hosiery next to the skin; keep his feet constantly warm and dry; and proportion his clothing to the state of the weather, the season of the year, and the exercise in which he has to engage. As the attacks of gout are most common in the spring and autumn, a greater degree of care will be necessary at those seasons than at any other time of the year. It is to be remarked, however, that in regard to the directions for prevention, strict attention must be paid to them, not only for a few months, or at particular seasons *alone*, but during the whole of

life. Many instances, indeed, have been known of persons, who leaving off their attention to diet and exercise, have experienced renewed visits of gout, with symptoms of augmented violence and danger.

In attending to the prevention of gout, patients should also be careful to avoid irritation or distress of mind; for all violent mental emotion or agitation is injurious.

4. Persons in the decline of life, or whose constitutions have been from any cause reduced to a state of great debility, must be careful lest, in endeavouring to avoid luxury and indolence, they should adopt a regimen which is too meager to afford them the requisite support; or practise exercise too violent for their slender portion of strength. In persons, who early in life shew the pre-disposition to gout, it is probable that a low diet, with constant bodily exercise, might entirely prevent the attacks of the disease; but those who are in the decline of life, and in whom the disorder is strongly established, the extremes of abstinence or exercise

might induce more frequent, protracted, and dangerous returns of the disease.

5. As the preventing of gout depends very much on supporting the tone of the stomach, and avoiding indigestion; so costiveness, by occasioning disorders of the digestive organs, is very hurtful to gouty persons. It becomes, therefore, of much importance to them to prevent or to remove a costive state of the bowels; more especially as costiveness very often precedes, and is connected with, the attacks of the disorder. Patients are, therefore, strongly recommended, during the intervals of the paroxysms, to employ either occasionally or regularly, according as they feel affected, the Alterative Aperient Pills, or one of the Aperient draughts above mentioned, or any other suitable purgative.

Small doses of the powder of rhubarb, sulphur, or magnesia, taken every day, have been found particularly useful in many gouty cases. Dr. Cheyne mentions one instance, in which the powder of rhubarb, taken every morning for six months, prevented the gout for years; and

several, in which the same effect was produced by the flowers of sulphur taken twice a day.

As sulphur forms a considerable proportion of the Chelsea pensioner's medicine for gout, it may not be out of place, and may interest the reader to give the entire recipe, which is as follows:—

“ Take of Flowers of Sulphur, two ounces ;

Cream of Tartar, one ounce ;

Rhubarb in powder, two drachms ;

Guaiacum, one drachm ;

Clarified Honey, one pound ;

One Nutmeg, finely powdered ;

Mix them intimately.

“ Two large tea-spoonfuls to be taken night and morning, and to be persevered in till the whole is consumed. For the three first nights a large tumbler of warm rum and water is to be taken at bed-time ; or, if fever is present, white wine instead of rum.”—Between the paroxysms this will have a somewhat similar effect with other purgatives.

Magnesia, taken in a similar manner, has frequently proved very beneficial in gouty ha-

bits. During the continuance of this medicine, some have enjoyed so wonderful an exemption from the tortures of gout, that they could scarcely attribute their relief to a medicine so apparently unimportant.

In the prevention of gout the use of any aperient mineral water is highly advantageous. It is proper, therefore, for those who have the opportunity and the means, to pay occasional visits to the purgative mineral springs, such as those of Cheltenham, Leamington, Harrowgate, &c. Harrowgate, in particular, from the waters being strongly impregnated with sulphur, is likely to prove an advantageous prophylactic. It is never to be forgotten, however, that none of these mineral waters are useful when they cease to keep the bowels in a sufficient state of activity. When they lose their effect, the proper action of the bowels will be best promoted by an occasional dose of the Alterative Aperient Pills.

6. In persons who have a disposition to corpulency or fulness of habit, and where the re-

turns of gout are frequent and severe, the paroxysms may be, in some instances, entirely prevented; and, in every case, rendered less frequent and more moderate, by a regular and well-conducted course of the Alterative Aperient Pills, administered during the intervals of the paroxysms. If these are taken in proper doses, and regularly persevered in for a sufficient period, they will have the effect of producing a complete and radical change in the constitution, which will be the surest guarantee that the gout will not renew its visits; or, at least, will not prove so frequent nor so violent.

To fulfil this intention, from two to four pills should be administered each night, or each alternate night, according to their effects; at the same time, assisting their operation by one of the aperient draughts, formerly recommended, each morning, or each alternate morning, according to circumstances, as has been already stated in giving the treatment of the paroxysm.

When we consider the quantity of fluids constantly present in the cavity of the intestines,

and the quantities which may be drawn from the innumerable excretories that open into this cavity, it will be obvious, that a disposition to corpulency or plethora may be most effectually prevented by the combined influence of alterative and purgative medicine, aided by the patient's own peculiar care as to diet and regimen.

The Alterative Aperient Pills are peculiarly adapted, by their specific operation on the disease, as well as their active purgative quality, to prevent the returns of gout, and to restore the gouty constitution to a healthy state, however long the disease may have been established in the habit. The patient, however, is forewarned, that these salutary effects will be of no longer duration than while the patient observes a strict temperance, and carefully avoids the several exciting causes of the disease before mentioned. I can state with peculiar satisfaction, that many of my patients and correspondents, who have been formerly liable to severe attacks of gout at particular seasons of the year, have gone through a course of the Alterative Aperient

Pills, along with a regulated regimen, so advantageously and successfully, that they have almost prevented the gout from taking place altogether, while their health has been at the same time materially improved, and their constitution much invigorated.

From the letters in my possession relating to this subject, I select the following from Mrs. Havergal, as illustrations of the effects of this treatment, beginning with the first exhibition of the Tincture, and going on with the pills, and the other directions given for prevention.

*Letters from Mrs. Havergal, respecting the Case  
of Mr. Havergal, Wycombe.*

High Wycombe, June 29, 1818.

SIR,

FOR many months past it has been my wish to acquaint you with the very great benefit my husband has received from your valuable medicine, "the Gout Tincture." The fear of being troublesome has *alone* prevented me from writing, but under the present circumstances I am induced



to trespass on your goodness. I should first inform you, that Mr. H. has been afflicted with the gout for more than twenty years ; and has usually had two, three, and four attacks in the year, which have confined him from five to ten, and eleven weeks each time. About three years ago, I ventured to give him your Tincture, at which time, and ever since, he has received very great benefit, nor has it ever failed to give speedy relief. Mr. H. has been an astonishment to all his acquaintance since he has used your medicine, for he was, before taking it, (to use the vulgar expression), quite hobbling, and every one thought he would soon be completely lame ; instead of which he has had the free use of his legs, and has walked, in a few days after an attack, as well as when quite a young man. Many of our friends and neighbours, have been induced to make trial of the same remedy through his persuasion, and we know of no instance where it has yet failed. At the same time Mr. H. has been strongly persuaded to desist from the further use of it, many assuring

him that it would ultimately ruin his constitution: however, he has still persevered.

Last month, he was again seized with the gout in both feet very severely,—took two bottles, and in a few days was quite well; went out on his business, caught a cold, and a relapse ensued the following week. He again took two bottles, and found relief.

Last Saturday week, he was again seized in both hands, and, on the following day, in both feet. He continued in a most distressing state until Thursday. He again took two bottles; it operated as usual, reduced the inflammation, and abated the pain, so that, on Saturday, he was able to get up, and the fit appeared to be quite gone. This afternoon, it is returned most violently in the elbow; and he is fearful of commencing another bottle, as the others have operated so strongly. In consequence of this, and the violence of the pain and low living, he is greatly reduced in body and strength, so as to be unable to attend to his workmen. I hope, Sir, you will have the goodness to inform us of some

means which we may make trial of for his relief ; or if a further recourse to your invaluable medicine would be proper in his reduced state ?

Yours, very respectfully,

MAR. HAVERGAL.

In answer to this letter, I prescribed some Alterative Aperient Pills, of a similar nature and tendency to those recommended in this Work ;— in addition to the regular use of the Tincture. After a period of upwards of two years, I was favoured with the following communication from Mrs. H., in reply to a letter of inquiry regarding Mr. Havergal's health :

High Wycombe, Oct. 19, 1820.

SIR,

I HASTEN to acknowledge your favour of this morning, as also a former one, of July 2, 1818 ; and referring to the latter date, I feel quite ashamed of my negligence, and apparent ingratitude ; but assure you, it was not so much through forgetfulness, as from a fear of being thought troublesome, that prevented me thanking you for your former advice and instructions.

I now beg to offer my grateful thanks for your kind inquiries after Mr. Havergal's health ; and I am happy to say, through the mercy of God, and your valuable Tincture and Pills, that he *never* enjoyed a better state of *health and strength*.

It is true, when I last addressed you, he certainly was in a very reduced state, owing to three successive attacks in less than three months. The return of the paroxysms, I am convinced, was occasioned by his venturing out *too* early, after taking the Tincture, and in large doses, *viz.*, two bottles in less than forty-eight hours. It always operated as specified in the printed address, &c. The consequence was that it affected him very strongly, and he was in a very weak state for a few weeks ; but following your written prescriptions, he gradually recovered, and has had but three slight attacks since that period. One confined him to the house about a week, the other *two* not more than three days ; and whenever he now feels the least symptoms of the disorder, he has recourse to the pills for the space of a week, ten days,

or a fortnight; so that he has been confined to the house but one day *this year*, namely, in February last.

Mr. Havergal, I believe, was the first in Wycombe who took *the Tincture*, and I think he has taken not less *than thirty-five or forty bottles*; this, I think, is a fair trial. His health and strength are so much improved, that he is an astonishment to most of his neighbours and acquaintance; the greater part of whom, as well as *myself*, predicted, thirteen or fourteen years ago, that he would soon be in his grave, or become a cripple. His left hand was so enfeebled as to be of little use to him: he now uses it as well as the other. He is always on foot, from morning almost to night; seldom sits more than an hour and a half during the *day*; and frequently walks from six to twelve, sixteen, and twenty miles in a day. He is now in his fifty-seventh year, and has been subject to the gout from the age of twenty-eight or twenty-nine; though it may be said, from his infancy; for when a child in petticoats, he had a violent attack of pain, and in-

flammation in his feet for several days ; and the apothecary (Mr. Sumner) pronounced it to be the *gout*, and treated it accordingly. His father never had it, until he was more than sixty years old. Mr. Havergal's usual mode of living is as follows :—Coffee and cold toast for breakfast ; meat, vegetables, pudding or pie, with beer, at dinner ; tea in the afternoon ; *one glass* of cold gin and water at night, and a pipe of tobacco. He retires to rest at half-past nine, rises at six, and frequently much earlier in the summer.

Now, Sir, although so great a change is wrought in Mr. H., many people are deterred from using the Tincture, from a persuasion that he will feel (as they say) the ill effects of it sooner or later. I trust they will be mistaken, and that I shall be ever thankful for such a *valuable medicine*.

Mr. H. joins me in best thanks and respectful compliments.

I am, Sir,

Your much obliged, &c.,

M. HAVERGAL.

*P. S.* I shall at all times be most happy to answer any inquiries. The Reverend J. King, of West Wycombe, with whom I believe you are personally acquainted, can, from knowing all the circumstances, certify my statement.

*To DR. WILSON, Yoxford.*

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7. If, after the employment of suitable evacuations, by the means recommended, debility of stomach and general depression should remain, recourse may be had to tonic medicines with advantage; provided that the secreting functions are become regularly healthy, as indicated by the appearance of the tongue, the fæces, and the urine. In the large majority of my cases, however, I have not found occasion to make use of any description of tonic medicines; having found a regular course of the Alterative Aperient Pills, in conjunction with a well-regulated diet and regimen adequate to the complete restoration of health.

8. When any sensations are experienced,

which indicate the approach of a paroxysm, this may often be prevented by having immediate recourse to the Tincture and Alterative Aperient Pills. A single dose of the Tincture, administered on the coming on of the fit, will often prevent its occurrence; and the regular exhibition of the Pills will avert the threatening danger, and restore the patient to health.

Finally, I beg leave to observe, that a strict attention to the preceding rules concerning temperance, exercise, regular habits, and a discreet use of the Tincture and Alterative Aperient Pills, will not only tend to avert the gout, but will have a beneficial influence against apoplexy, palsy, asthma, dropsy, and all the various disorders incident to gouty habits; and will furnish the best means for prolonging the probable duration of human existence.

#### OBJECTIONS ANSWERED.

AFTER the details now given of the mode of treatment which I have found so generally successful, both in the cure and in the



prevention of the paroxysm of gout, it may be proper to take some notice of the objections that have been made to the treatment recommended in this work. That the author's medicines should have been objected to is by no means wonderful; any more than that objections should be made against bark, mercury, and opium. But on examining the grounds of all such objections, it will almost uniformly appear, that it is the abuse of the medicines, and not their proper employment, which is complained of, and consequently that the charges are ill founded and unjust.

It was objected to the Tincture, for example, that its immediate effects were violent and dangerous; and that it ought not, therefore, to be in the hands of the public. The violence of its action, however, was found in all cases to arise from an over-dose, by not attending to the minute directions for its exhibition, which are always given along with it. Who does not know that an over-dose of digitalis, or of laudanum, will produce violent and dangerous effects? Yet

nobody fancies that these valuable medicines ought, for this reason only, to be banished from our prescriptions. If it be said, that the Tincture differs from them in not being prescribed, but sold to the public indiscriminately; it is replied, that it forms as regular a prescription as any in the Pharmacopœia, for it is never sold without as distinct and minute directions how it is to be taken, as is usual in any ordinary prescription. Those, therefore, who imprudently take an over-dose, do so at their own peril; and neither the medicine, nor the author, are chargeable with the consequences of such imprudent conduct, any more than the apothecary, who sells laudanum, is chargeable with the death of a person who has bought it of him, in order to poison himself.

But Dr. Scudamore is not contented with a general assertion, that the medicine is dangerous, but proceeds, according to his favourite practice, to try its effects upon dogs. With regard to which experiments it may be remarked, that when the object of them is to make disco-

veries, which may prove beneficial to the human race, the slaughter of a brute may, perhaps, be justified ; but when cruel experiments, like those of Dr. Scudamore, are resorted to, which cannot possibly benefit mankind in any respect whatever, nor prove of any use in practice, but are, apparently, made merely to gratify the vanity of recording them ; they are not, to say the least of them, very creditable to humanity.

“ The dog,” Dr. Scudamore says, “ can take, without fatal injury, very large doses of those powerful agents, hellebore, elaterium, opium, and digitalis ; whereas, of the several gout medicines, the repeated portions employed in the present experiments were such as are directed for the human subject, or nearly so, and we witness the destructive effects produced.” This assertion, that “ the repeated portions employed were such as are directed for the human subject, or nearly so,” is absolutely FALSE. The largest dose which the author recommends of the Tincture, in any case, is one drachm, and

in all general cases, not more than forty minims, or two thirds of a drachm ; whereas, the quantity required to kill the dog, in Dr. Scudamore's experiment, was six drachms, after which dose the dog lived forty hours. The reader may be reminded, also, that the dogs experimented upon were in health, and nobody requires to be told, that the operation of medicines is exceedingly different in health and disease. In some cases of obstinate costiveness, for example, doses of purgatives, such as would, probably, have proved fatal in health, have been given without producing the slightest effect. This is very remarkably the case with regard to opium, when administered to persons labouring under severe pain. In such circumstances, doses, apparently so formidable, have been given, not only with impunity, but even with advantage, that they would, in any other state of the system short of violent pain, have been speedily fatal. Dr. Scudamore, himself, gives a very striking example of this in his Treatise on Gout.—“ A young woman, of deli-

cate constitution, suffered severe torture from some branches of the fifth pair of nerves supplying the cheek; the pain being of equal intensity with that of the *tic douloureux*. Even delirium ensued. Three grains of crude opium, and one grain of antimonial powder, were administered as the first dose; and of pills, containing a grain of opium and half a grain of antimonial powder, one or two were desired to be repeated every hour, until the pain should be overcome. Twelve grains of opium were thus taken in twelve hours; the pain was removed, and not the least inconvenience was experienced. A fortnight after, a little pain threatening the return of the former suffering, she had recourse to one pill; but this now very sensibly disagreed, and caused sickness and confusion and uneasiness of the head."

In some of his experiments, Dr. Scudamore injected the medicine into the veins of dogs, a mode in which the author never dreamed of prescribing it. Dr. Scudamore, besides, must certainly be aware, that even the most inert

medicines become dangerous when thus employed. In the *American Review*, for April, 1822; and in the *Quarterly Journal of Foreign Medicine*, for July 1822, he will find cases, in which castor oil, injected into the veins, produced very alarming effects. When so powerful a medicine as the Tincture, therefore, was thus exhibited, it was by no means wonderful that the effects should be violent. It is also to be recollected, that the dog has a system and constitution very different from man; and, as Mr. Bampfield well remarks, is not liable to gout. Requesting the reader to bear these remarks in mind, I shall now give a specimen of Dr. Scudamore's experiments with the Tincture.

“ At half past one, *p.m.*, two fluid drachms were given to a common-sized terrier.

“ At half past two he looked languid; the pulse was 107, and irregular.

“ Four o'clock.—The lassitude had increased.

“ Six o'clock.—He had thrown up some frothy mucus; the pulse was 120.

“ Half past nine.—He appeared better ; the pulse was 140, and soft, but rather irregular.

“ The next morning he was on his legs, and looked much better, but refused to eat.

“ At eleven o'clock he appeared altered for the worse.

“ One o'clock.—The pulse was 180 and very hard ; he looked very languid, and still refused to eat.

“ Five o'clock.—The pulse was 90 ; the animal appeared more dejected.

“ Eleven o'clock.—Excessive lassitude ; the pulse 86.

“ The following morning he was much better ; the pulse 164, and regular, but hard.

“ At twelve, a second dose of four fluid drachms of this tincture was given to him.

“ At two, he appeared exceedingly ill, was very sick, and had brought up a small quantity of mucus, tinged with bile ; pulse 180.

“ Five o'clock.—The pulse 170, and small ; he moaned on pressure being made upon the abdomen.

“ Eight o'clock.—The pulse 160, and very languid ; he was suffering great pain.

“ Eleven o'clock.—The pulse 80 ; the animal was incapable of standing ; the respiration was slow and very laborious. The next morning he was found dead.”

“ The effects produced in another experiment, shew this Tincture to be a very active medicine, although less so than the Eau Medicinale. Of the latter medicine, three drachms proved destructive in twenty-nine hours ; whereas, of Wilson's Tincture, six drachms were given ; and we may reckon that death did not take place until at least forty hours had elapsed. By the second dose of the Eau Medicinale, the pulse was rendered slower, while the opposite effect was produced by the second dose of Wilson's Tincture.”

The results in Dr. S.'s experiments were very different from my own. I have frequently given two and three drachms of the Tincture to dogs afflicted with the distemper, for several days together, without any violent effect being produced,



either on the stomach or bowels, or on the nervous system;—another strong proof of the truth of the remarks preceding the detail of these experiments, which prove nothing farther than the activity of the Tincture, and this the author has never concealed; but, on the contrary, he has uniformly asserted, that it is this which renders it valuable. Colonel Sturt\* had given him, by the mistake of his servant, at least four drachms of the Tincture for a dose:—he says, himself, three bottles, or as much as six drachms. Yet this enormous dose only disordered the stomach and bowels, and did no farther harm. See also page 189 above.

The next objection which has been made to the Tincture is, that though it has the effect of speedily removing gout, the paroxysms return more frequently and irregularly in those who are in the habit of employing it. This charge is particularly preferred by Dr. Scudamore, who, very unfairly, confounds the Tincture with Reynold's Specific, and sometimes with the Eau

\* See his letter in the Appendix.

Medicinale; though from his own analysis, and his own experiments, the composition and the effects of it appear to be very different from either of these. Before showing this charge to be false and groundless, it may be proper to expose the vague and unfair manner in which Dr. Scudamore introduces the Tincture, which will best appear, indeed, by extracting his own words.

“ The very general success of mercury in destroying the syphilitic virus in the system, gives it a real claim to the title of specific. The Peruvian bark deserves almost the same general praise for its speedy and permanent control over a regular intermittent fever. This, however, cannot be said of the Eau Medicinale; tincture of colchicum, and the vinous infusion; the preparation of hellebore and opium; elaterium and opium; *Wilson's Tincture*; and Reynolds' specific. *They* do, in most instances, for a few trials, influence the local symptoms very speedily; but, so far from removing the cause of gout, they leave the disposition to the disease much stronger in the system, with less

powers, it is true, to produce violent inflammatory attacks ; and lead to the still more calamitous, because more constant, sufferings of the chronic form of the disease.

“ I have had abundant opportunity to be acquainted with the present and ultimate effects of Wilson’s Tincture and of Reynolds’ Specific ; but a slight notice of *these nostrums* will be sufficient.

“ One gentleman, who took *it* very steadily for many months, and was a warm advocate for *its* effects, relates to me, that the gout, which formerly observed intervals of at least three months, has, since the employment of this Tincture, returned every ten or fourteen days. His previous favourite remedy was the Eau Medicinale, and from the similarity of operation in his case, he considers *the medicines* as the same.

“ Another very gouty subject, usually having one severe fit in the year, in the first use of this medicine, thought himself possessed of a most valuable prize, and, in his joy almost disregarded the gout. But see the quick sequel ! His relapses were frequent, and the

influence of the Tincture over the symptoms became weaker. He was without appetite ; he suffered sensations of weight, tightness and general oppression about the stomach and abdomen ; and was highly nervous. At length, during even all the summer months, he was not free from actual gout for the space of a fortnight ; and in vain did he seek relief from his former boasted antidote. I could relate almost an infinity of cases in which this Tincture has, after a time, entirely disappointed the hopes of the patient, and given him more or less cause of regret, that he has depended on its palliative relief.

“ The *Eau Medicinale* has been the fruitful source of many cases of chronic gout, by enfeebling the nervous system ; and occasioning, together with irregular pain and obscure inflammation, a degree of despondency and languor never before experienced. The same observation applies to the use of other gout specifics, as Wilson’s and Reynolds’ Tinctures, and the *vinum colchici* ; and I can with truth affirm, from

troublesome experience, that no chronic cases of gout are so tedious and untractable as those which have been empirically treated by these medicines. On a former occasion I have fully explained their merely palliative and temporary influence, and that although they subdue the present symptoms, they leave the inherent seeds of the disease in stronger and more radical force. By the frequency of relapse, there becomes added to the original difficulty of cure, that which belongs to the *habit* of diseased action; in the same manner that an intermittent fever of long standing resists the same remedies, with more obstinacy than one which is recently contracted."

So far as these remarks refer to Dr. Wilson's Tincture, they are applicable only to the *abuse* of it, or the improper mode of using it, by persons regardless of the rules laid down for its exhibition. The greater frequency in the returns of the paroxysm, when such is the case, will be found, on examination, to arise, not from any indulgence in this nostrum, as Dr. S. chooses

to term it, but from a variety of causes absolutely independent of this medicine.

It is, in fact, the very nature of gout to return more frequently, and to assume the chronic form, in proportion as the disease becomes established in the habit. Its first attacks, as has been remarked when treating of the history of acute gout, observe intervals of, perhaps, two or three years; afterwards they recur annually, and, at length, two or three times in the year; and, last of all, so frequently, and are so protracted, that the unhappy sufferer has no entire exemption from pain and disease.

In by far the greater number of cases, however, which have fallen under my own immediate observation, the paroxysms have not only been less frequent in their returns, but infinitely more tractable and easy to cure, since they have been treated by the Tincture, instances of which may be seen in the cases given at pages 168, 169, 171, 187, 197, &c. &c.; and although, from various causes, the paroxysms have, in many instances, returned more fre-

quently since the use of the Tincture; yet they have not, in general, been difficult to cure; but, on the contrary, have yielded so readily to the medicine, that the patient has still had the happiness to enjoy, on the whole, more entire freedom from the actual sufferings of the disease, than if the paroxysms had been permitted to take their natural course;—the actual *quantum* of gout being, in every case treated by the Tincture, most materially diminished.

A patient, who is a martyr to gout, has an attack regularly once a fortnight, owing to the influence of lead on his habit, being by trade a plumber and glazier. These attacks he has regularly subdued for the last ten years; first, by means of the Eau Medicinale, and for the last seven years by the Tincture. Notwithstanding the frequency of attack, he has seldom been confined more than a day or two at a time; but before the use of these medicines, he was laid up the greater part of the year; either by the actual presence of gout or its consequences.

Among the causes of frequent returns of gout,

I may particularly mention the neglect of alterative and purgative medicines, both during the attack, and in the intervals of the paroxysms. The liberty also which very many have, to my knowledge, presumed to take with their constitutions, in regard to indulging less scrupulously in the luxuries of the table, by having become acquainted with a remedy, which quickly and easily subdues its attacks, may be here mentioned as a frequent source of relapse.

The disposition to gout appears to be depending upon, or at least, intimately connected with, a plethoric state of vessels, induced by excesses in diet, indolence, or a natural propensity to fulness. By the combined influence of the Tincture, and alterative aperient medicines, this redundancy, which disposes to the attacks of gout, as well as to corpulency and indigestion, may be effectually corrected; and all the good effects produced on the constitution that are supposed by many, (who consider gout a salutary disorder), to result from a long, painful, and protracted



fit, but in a much less space of time, and with more comfort and benefit to the patient; while those numerous ill consequences, which never fail to follow protracted paroxysms of the gout may be altogether avoided.

It is correctly remarked by Dr. Scudamore, that the security of the patient from future attack, depends much on the treatment both during the paroxysm and the convalescence; but depends still more on the patient's own peculiar care. Of all chronic diseases, indeed, gout appears to be influenced by a greater variety of hurtful agents than any other; and when once established in the constitution, the paroxysms soon return, unless strict attention be paid to regimen. In this case, it often happens that the treatment which was successful in the paroxysm, is regarded as of little value, or is even accused as being the source of disappointment. Such has been the origin of many of the false charges brought against the Tincture.

The several causes which are known to give rise to more frequent returns of the paroxysm, produce also an irregular or chronic state of the

disease. They debilitate the constitution in general, and the stomach in particular; and ultimately lead to the more calamitous effects of chronic gout.

The chronic form of gout has never occurred in my practice, as a consequence of the use of the Tincture; but, on the contrary, I have invariably found that, with the aid of the Alterative Aperient Pills, it prevents the chronic form, and cures it when present. When a disease has its acute and chronic stages, experience has taught us, that the chronic usually succeeds to a severe or long acute stage; and that the chronic form is prevented when the acute attack is speedily cured. It is, therefore, evidently contrary to all analogy and experience in other diseases, that their chronic form should be the result of the speedy and effectual cure of the acute stage.

In cases of chronic gout, I have been always successful in subduing the existing gouty pain and inflammation; and have, thereby, removed the impediments to the employment of such means as are necessary for the cure of the lamentable consequences of chronic gout;

such as thickened ligaments, contracted limbs, lameness, and œdema of the extremities, which may often be prevented by the early cure of the paroxysm; and when produced by chronic gout, can sometimes be cured by the several means pointed out in the treatment of that variety of the disease.

The last objection deserving of notice is, that though the Tincture successfully subdues the paroxysms of gout, yet its ultimate effects on the gouty habit are injurious,—the constitution being ruined and destroyed by its influence. In reply to this, it is only necessary to refer the reader to the numerous communications in the Appendix, from those who have taken it for years, and particularly to Mrs. Havergal's letters in pages 245 and 252. During an experience of ten years, I have never observed any deleterious effects from the use of the medicine, though it has been exhibited in several thousand cases; and surely experience is more to be trusted in this matter than gratuitous and theoretical objections, or false analogies derived from the bad effects of the Eau Medicinale.

## RHEUMATISM.

THE RHEUMATISM, like the gout, is a dreadful scourge to human nature. It is, indeed, in one respect, more formidable, as it has a wider range; not confining its visits to those who live in habits of indolence and luxury, but attacking with great violence even the lower and more laborious orders of society. The gout is, in many instances, a tax which is paid by the wealthy for sensual indulgence; but the rheumatism, not unfrequently, arrests the exertions of industry, and obliges the poor man to pass a long and painful interval, deprived alike of the rewards of labour, and the refreshment of rest.

The rheumatism is divided into *acute* and *chronic*; of the former only, I propose at present to treat.

## THE HISTORY OF ACUTE RHEUMATISM.

THE acute rheumatism is particularly distinguished by pains affecting the joints, pursuing

the course of the muscles connected with them, and much increased by motion or warmth. The larger joints are most exposed to the attacks of this disorder, as the knees, hips, shoulders, and elbows; the ankles and wrists are also frequently affected; while the smaller joints, such as those of the toes or fingers seldom suffer. A joint that has been attacked with pain, becomes affected with inflammation, swelling, and exquisite soreness to the touch. When the rheumatism is confined to a single joint, it is very rarely attended with fever, or any general indisposition; but when several joints are affected at the same time, or in quick succession, it is invariably accompanied with febrile and other distressing symptoms.

The rheumatic fever is thus accurately described by Dr. Haygarth, who writes from his own exact observation during a long period of years. "The rheumatic fever, in common with most others, begins with chilly fits, succeeded by increased heat, frequent pulse, thirst, loss of appetite, and prostration of strength. The

symptom peculiar to this disease is an inflammation of the joints, which often increases to great violence, with swelling, soreness to the touch, and sometimes redness of the skin. It attacks most, if not all, the joints of the body in different patients ; often two, three, or more joints at a time, leaving some, and going to others in succession, frequently returning again to each of them several times during the disease. The muscles are also affected, but less generally and less severely than the joints. The patient, being unable to find an easy place for the diseased limbs, often remains restless and watchful for many days and nights together. Sweats appear spontaneously, or are easily excited by remedies, frequently to a profuse degree. The urine is, at first, high coloured, and afterwards lets fall a red sediment. The blood is generally covered with an inflammatory crust."

Dr. Scudamore remarks, that the perspirations which take place in this disease, though apparently an effort of nature to give relief, are

seldom productive of advantage, and very commonly serve only to increase debility. "The anxious physiognomy of a patient," he observes, "under a fit of rheumatism, marks the severity of the disease; and, together with this language of the features, there may be observed a peculiar relaxation of the skin of the face, which is pale and flushed alternately, and for the most part bedewed with a greasy kind of moisture. In the same manner as in the gout, the pain is often alleviated in proportion as the inflammation appears external, with redness on the surface. The most intense state of suffering is in the affection of the deep-seated parts, and before the blood is propelled into the cutaneous vessels."

An increase of the febrile symptoms is experienced every evening, and a remission every morning; and the pains are most severe and most apt to shift their places in the night-time. Though the fever be manifestly inflammatory, yet the patient is frequently in a low state, even to the danger of swooning.

This very formidable and painful disease usually afflicts the patient for many weeks, or even months, according to the pre-disposition to the disorder, the violence of the attack, and the efficacy of the remedies which are employed to remove it. It, however, seldom happens that the fever continues to be considerable for more than two or three weeks; as this diminishes, the pains become less violent, more limited, and less subject to change their places, being confined to one, or to a few joints, the disease now assuming or partaking of the character of *chronic* rheumatism, which not unfrequently remains a companion for life.

#### OF THE NATURE OF RHEUMATISM.

SYDENHAM first accurately described rheumatism. It had formerly been confounded with gout, but it is now ranked as an idiopathic disease. It was imagined by some to consist in a peculiar *acrimony*, and by others in a *lentor* of the fluids. Cullen supposes the acute species to be connected with a *phlogistic diathesis* of the



blood vessels, and a peculiar rigidity of the fibres of the muscles ; but in the chronic kind, he supposes that there exists an atony both of the blood vessels, and of the muscular fibres of the parts affected, together with a degree of rigidity and contraction in the latter, such as frequently attends them in a state of atony.

In observing upon the above opinion, Dr. Balfour, of Edinburgh, says, " That in *acute* rheumatism, a phlogistic diathesis of the system prevails, admits not of doubt ; and that there is an affection of either the muscular fibre, or of the cellular membrane, or of both, is equally certain. An atony in the *chronic* species of the muscular fibres, or of the cellular membrane, must also be admitted ; but which of these it is, the muscular fibre, or cellular membrane, that, in either species of the disease, is primarily affected, is a matter not quite so manifest. To ascertain this point with any degree of clearness, a review is necessary of the structure and functions of these organs themselves ; and I am not without hopes of being

able to adduce facts, in the history of cases hereafter to be detailed, which render it highly probable, that there is in rheumatism, *chronic* as well as *acute*, an affection of the *aponeurosis* of the muscles, and, perhaps, of the whole cellular substance connected with them, which forms a principal part of the proximate cause of the disease."

Its proximate cause, therefore, is supposed to be an inflammatory affection of the membranes and tendinous expansions of the muscles and joints: the muscles themselves being merely affected in consequence of their connexion with their respective fasciæ and investing membranes. According to Dr. Balfour, rheumatism has its seat in the cellular membrane, when it attacks the belly of a muscle, or even a single muscular fibre, equally, as when it attacks a capsular ligament, or the sheath of a tendon.

#### THE EXCITING CAUSES OF RHEUMATISM.

THE acute rheumatism seldom appears either in very young persons, or in persons far ad-

vanced in years, but most commonly occurs from the age of puberty to that of thirty-five. Persons of both sexes, and of every habit of body, are liable to its attacks, but it more frequently visits males than females, and especially such males as are of a sanguine temperament. It is most frequently occasioned by sudden exposure to cold after the patient has been over-heated, or by cold applied to one part of the body while the other parts are kept warm.

Rheumatism is also often occasioned by the long continued application of cold, particularly when combined with moisture, as when damp or wet clothes are applied to the body or extremities for any considerable length of time. It occurs most commonly in spring and autumn, when the vicissitudes of heat and cold are most frequent and sudden; but no part of the year is exempt from this malady. It has also been remarked, that it is more usual in cold than in warm climates.

## THE DIAGNOSIS OF RHEUMATISM.

THE DISTINCTION BETWEEN RHEUMATISM AND GOUT is to be made, not so much by any one mark, as by the concurrence of several circumstances. The acute rheumatism usually makes its attacks at an earlier period of life than the gout, and is accompanied with a greater degree of fever, but with much less affection of the stomach. The gout generally seizes on the smaller joints, and seldom attacks more than one at a time; whereas the acute rheumatism more commonly affects the larger joints, and several of these often at the same time, the pains also shooting along the course of the muscles. It is not observed to be connected with an hereditary predisposition, as is frequently the case with gout; and it can more commonly than gout be traced to some obvious exciting cause, particularly to the action of cold.

The *acute* may be distinguished from the *chronic* form of Rheumatism, by observing the following circumstances :—When the pains

readily shift their places ; when they are more severe in the night ; and are at the same time attended with fever, swelling, and especially with redness of the joints ; the disease is the *acute or inflammatory rheumatism*. When, on the contrary, there is no longer any fever remaining ; when the pained joints are without redness, are cold and stiff, and will not readily perspire ; and when, especially, the pains of the joints are increased by cold, and relieved by heat ; the rheumatism is of the *purely chronic kind*. It is remarkable, that persons affected with chronic rheumatism, are frequently able to foretel the changes of the weather, from the severe pains they at such times experience.

## THE PROGNOSIS.

RHEUMATISM is seldom, if ever, a fatal disease while it remains in its proper seat—the muscles and joints ; and when not combined with any other malady. But it sometimes proves fatal by the translation of the inflammation to some vital part, as to the brain,

the heart, the lungs, the stomach, or the intestines. In these cases it commonly happens, that the external local disease disappears previously to its attack upon the vital organs. Sometimes this retrocession takes place without any evident cause; but more frequently it is the result of rash and injudicious treatment\*. Its favourable termination is occa-

\* Dr. Porter, of Bristol, states, that “ independent of the translations of rheumatic action from limb to limb, which occur in all cases, he has, in a few instances, seen metastases to the heart—to the respiratory organs—to the brain. From the head it was driven by leeches and cold applications; from the chest by blisters; but where the *heart* was attacked, sufficient mischief ensued to disorder its functions through life, notwithstanding that the retroceded inflammation had been checked in a few hours by blisters and other appropriate treatment. In all these instances, the *external* local disease disappeared previously to its attack upon the vital organ. In some cases, the metastasis took place without evident or ostensible cause; in others, it appeared the result of topical refrigerants too long continued.”—*Johnson on Rheumatism*.

A shoemaker, forty years of age, tall, thin, and of temperate habits, had been for years afflicted with acute rheumatism. During a severe attack of the disease in his knees, he applied cold water to them. Sudden recession of the inflammation occurred, an alarming affection of the chest succeeded,

sionally indicated by the occurrence of a gentle diarrhœa, or a moderate perspiration; or by the urine depositing a copious red sediment; and more rarely by a cutaneous eruption.

and his life was, for a long time, in imminent danger. This person, about five years afterwards, again resorted to the cold water treatment, for alleviation from (as he described it) insupportable agony, during a similar attack of rheumatism. Recedence of inflammation from the knee again took place, rapidly followed by inflammation of the brain, and he died in about thirty-six hours.—*Norman on the Fatal Indiscretions in Medicine.*

Neither agreeably to my observations, is the common practice of applying *rubefacients* to the parts affected with the most violent pain, at all a safe one; at least in four cases where they were thus employed, the rheumatism receded from the integuments, and in three of them the heart was attacked with inflammation, and the intestines in the fourth. The acute rheumatism sometimes suddenly recedes from cold air applied to the skin, when there is a free perspiration; and I once saw an instance of this kind, caused by getting incautiously out of bed in a winter's night, without clothing; in which the patient sunk with great rapidity, apparently from an affection of the heart.—*Armstrong on Typhus.*

A case of rheumatism in the heart, from *copious bleeding*, is related by Dr. Jackson, in the *Medical and Physical Journal*, for August, 1816.

## OF THE TREATMENT OF RHEUMATISM.

THE acute rheumatism, like acute gout, requires to be treated upon the cooling or antiphlogistic plan; observing a total abstinence from animal food, and from all fermented or spirituous liquors; and substituting a diet consisting of weak broths, gruel, sago, arrow root, or other farinaceous substances, together with the plentiful use of mild diluent drinks.

At the commencement of the attack of acute rheumatism, it will be proper, as a general rule, to evacuate the bowels by the use of active purgative medicines. For this purpose, a dose of the Alterative Aperient Pills should be administered at bed-time; and, on the following morning, a dose of the Aperient Powder, (page 148), or one of the Aperient Draughts, formerly prescribed, (pp. 133 and 134), will be found to produce the best effects. The treatment, indeed, should, in this respect, be very much the same as that above recommended in the paroxysms of gout.



When the inflammatory diathesis or disposition is strongly marked by a full, hard pulse, hot skin, scanty and high coloured urine, with costive bowels, it will be proper to abstract from twelve to twenty ounces of blood on the first attack of acute rheumatism: and where the patient is of a robust and plethoric habit, and the first operation has failed to give a marked relief, the bleeding may be repeated, after a few hours, with safety and advantage. But it ought ever to be held in mind, that large and repeated bleedings, on which medical practitioners have hitherto placed their chief reliance, are, with respect to this disorder, not only useless but dangerous. Rheumatic patients are, by the loss of blood, freed rather from the faculty of feeling, than from the cause of their painful sensations, which repeatedly return on their recovering from the temporary exhaustion; while blood-letting, by inducing an obstinate chronic form of the disease, has made more cripples than it has effected cures. Sydenham much lamented the necessity of repeated bleed-

ing in the inflammatory rheumatism, which, in his time, was believed to be indispensable ; and expressed his anxiety that some other method of treating this disease successfully might be discovered.

It is, therefore, of great moment to all rheumatic sufferers, that a sovereign remedy has been discovered for this, hitherto tedious and intractable, disease ; for in all cases of acute rheumatism, the Tincture, when properly exhibited, and aided by the Alterative Aperient Pills, is an effectual and a safe preparation ; superseding in many cases the necessity of bleeding ; and rendering altogether unnecessary the employment of the medicines in common use, which have been found but of little efficacy in the disease.

The general rules which are laid down in this Treatise, for the exhibition of the *Tincture* in acute gout, are also applicable to acute rheumatism. Thus, where the patient is of a robust habit of body, and labours under a violent attack of the disorder, the most proper dose

of the Tincture is FORTY MINIMS, OR EIGHTY DROPS; but females, or persons of weak and debilitated habits, should begin with only THIRTY MINIMS, OR SIXTY DROPS; and very young, or aged persons, with a still smaller quantity.

Agreeably to the same directions the Tincture should be repeated each night, or each alternate night; and the *Alterative Aperient Pills* each morning, or each alternate morning, in doses adapted to circumstances; occasionally assisting their action on the bowels, by the *Aperient Powder*, or *draughts*, as before directed.

But the same speedy cure does not always follow the use of the Tincture in acute rheumatism, as in the gout. The greater degree of inflammatory disposition that commonly prevails in the former disease, will often require a more frequent repetition of the Tincture than is necessary in gout; and, by consequence, a longer period of time, in order to subdue its attacks. It will often be proper, therefore, to continue the medicine, either in full doses as above directed, or what is, perhaps, a preferable mode,

to finish the cure by exhibiting the Tincture in doses of TEN MINIMS, OR TWENTY DROPS, at regular intervals of six, eight, or twelve hours, according to the violence of the attack, the strength of the patient, and the effects of the remedy. When administered in this way, it may be usefully exhibited either with the infusion of roses, the camphor mixture, or the common saline draught; taking care to keep the bowels freely open by occasional doses of the Alterative Aperient Pills.

At the commencement of the attack, indeed, great advantage is often obtained by the employment of purgative and alterative medicines, which, by their united influence on the bowels and the secretions, are found to accelerate recovery in the most favourable manner\*. I am

\* I am now thoroughly convinced that acute rheumatism would seldom be protracted, and by consequence would far less frequently put on a chronic form, if *evacuants*, and *alteratives* were promptly used at the commencement.—*Armstrong on Typhus*.

Nothing is more common in the practice of physic than to see rheumatism suspended, or even cured, by *diarrhæa spon-*

acquainted with no medicine possessing qualities so well adapted for these purposes as the Alterative Aperient Pills ; assisting their action on the bowels by the Aperient Powder or Draughts as prescribed in gout, according as the one or the other may best suit the state of the constitution.

The cure will be effected, sooner or later, according to the length of time the disease has been suffered to remain, before the administration of the Tincture. If the remedy be employed at the commencement, the patient will have the happiness to experience a cure in the short space of five or six days ; but if several days have been suffered to elapse before recurring to the medicine, the recovery will be, for the most part, proportionably retarded.

Under any circumstances, however, of this disease, I venture to affirm, from most exten-

*taneously induced.* Taught by this fact, (the course which nature points out), I have often imitated it in the treatment of the more obstinate and protracted cases of this disease, and have had much reason to be satisfied with the results.—*Chapman's Elements of Therapeutics.*

sive experience, that the cure may, in almost every instance, be completed in a fortnight or three weeks; which, by the ordinary mode of treatment, would for the most part be retarded for several weeks, or even months; and the patient inevitably reduced to a state of extreme debility.

The inflammatory affection of the joints, which characterizes the disease, being subdued by the several means above proposed, the convalescent period requires the same general treatment, both local and constitutional, as has been recommended in cases of convalescence from acute gout. There are, however, two points which, at this period, require to be attended to with peculiar care:—avoiding, for a few days, all exposure to cold; and continuing the Tincture and Alterative Aperient Pills alternately, at bed-time, for at least ten days or a fortnight after the subdued attack; in order to complete the cure, and correct the disposition to a relapse, which, without these precautions, is always to be apprehended.

As rheumatism most frequently arises from the vicissitudes of the weather, and persons who have once been attacked are liable to a recurrence of the disease, one of the best preventives is a good covering of flannel, or fleecy hosiery, next the surface; and the one or the other of these should be almost always worn by those who have been once affected, otherwise they will be very liable to relapses. Those, however, who find flannel or fleecy hosiery uncomfortable on account of its irritating the skin, may wear wash-leather shirts, as by this means a comfortable warmth may be maintained. It will also be of advantage in promoting the strength of the patient, to exhibit, during the period of convalescence, the Peruvian bark, or the preparations of steel, or bitters combined with aromatics.

The Tincture is not to be relied upon as of equal efficacy or certainty in the cure of *chronic rheumatism*, as in the acute form. When the disease has been so long neglected, as to begin to assume the chronic character before de-

scribed, the patient must not expect the same effectual or speedy relief from the medicine, as when it is resorted to at an earlier or more inflammatory stage of the disorder.

It is worthy of remark, that a medicine of considerable efficacy in chronic rheumatism has been sold in the shops, for upwards of thirty years, under the name of DR. MONSEY'S RHEUMATIC POWDER, which consists of a combination of the *colchicum autumnale*, (or *wild saffron* as it is called,) with alterative and purgative medicines, according to the following formula:

Take of Picked Senna, Sarsaparilla, each one ounce ;

Seeds of the Carduus Benedictus,

Wild Saffron, each two drachms ;

Jalap, one drachm ;

Gum Guaiacum, half an ounce ;

Diagrydium, (*Scammony*) one drachm ;

China Root, half an ounce ;

Rhubarb, Cinnamon, each one drachm.

Reduce all to a fine powder, and mix together.

The following directions are given with the medicine :—

“It is particularly useful in that kind of rheu-



matism which is most painful in bed, and in this it has hardly ever been known to fail in effecting a cure; but it has also proved extremely beneficial in other rheumatic complaints, whether habitual or accidental.

“ It operates as a general deobstruent and purgative, and for the latter purpose, it is a remarkably safe and good medicine.

“ When there is no material objection from the state of the patient to bleeding, it is, should the complaint be violent, extremely desirable to lose a little blood the day before taking the first dose; and one, two, or even three, days should intervene between each dose, according to the strength of the patient. The doses are from thirty to eighty grains; but forty, fifty, or sixty are the common doses. The powder should be put into a large wine-glass of white wine and water over night, and taken in the morning about an hour or two before the patient rises; and on the day of taking it, he should be cautious of catching cold or getting wet, though going into the air in mild weather will be no

prejudice. He must abstain from fruit and animal food, broth excepted, on the day of taking the powder. Two doses are sometimes, but three almost always, sufficient to complete the cure. This powder will keep for a great length of time, if preserved from damp."

An efficient remedy for chronic rheumatism is however, still a desideratum, which requires research. The vinum seminum colchici of Dr. Williams is at all times doubtful and uncertain, and, according to my experience, altogether inefficacious in cases of purely chronic rheumatism; being by no means superior to the ordinary preparations of the colchicum before-mentioned.

The best remedy hitherto discovered for chronic rheumatism, is Dr. Wilson's Tincture; many cases that have failed under the ordinary preparations of colchicum, having yielded very speedily to the Tincture.

In *chronic* rheumatism the Tincture is best exhibited in small doses only; as from FIFTEEN to THIRTY DROPS every night at bed-time, in a glass

of peppermint, or any distilled water, or ginger-tea. The medicine is intended to produce only a very gentle action on the bowels, an effect which will commonly take place after a few days' trial of it. It will be necessary to be attentive to its effects, and to regulate the dose accordingly. In most cases it will be indispensable to persevere regularly for many days, and in those which are inveterate, for many weeks; but sooner or later, more or less benefit will certainly follow its use, even in the most obstinate cases.

The Tincture, when administered in this way, generally acts more or less on the skin and kidneys, though these effects are not apparent till after several doses have been exhibited. These effects are also salutary, and especially useful in the lumbago and sciatica. Nevertheless, it often fails in inveterate cases of chronic rheumatism, especially in sciatica.

As local applications, Dr. Balfour, of Edinburgh, in an ingenious publication, has lately

called the attention of the faculty to the utility of bandages, friction, and percussion in rheumatism and gout, both acute and chronic; but the trials made of this method in my practice have not fulfilled his anticipations.

The author is at present engaged in a variety of experiments, which he hopes will lead to satisfactory results, relating to the CURE OF CHRONIC RHEUMATISM.

CASES OF ACUTE RHEUMATISM TREATED WITH  
THE TINCTURE.

*Case I.*

MR. FOULSHAM, of Yoxford, was the first patient to whom Dr. Wilson's Tincture was exhibited in an attack of acute rheumatism. In November, 1811, after continued exposure to cold when much heated, Mr. F. was attacked with rheumatic pains in the larger joints of the upper and lower extremities. These pains were greatly aggravated by motion or warmth, and were accompanied by fever.

In this state I directed the patient to take

*eighty minims* \* of the Tincture, at eight o'clock in the evening. The pains in the several joints continued with unabated severity till twelve at night, when they began to abate. At this time, also, a profuse perspiration ensued, and continued for several hours. In the morning, a slight nausea was experienced, and was succeeded by copious evacuations from the bowels. In the mean time, all the rheumatic symptoms rapidly subsided; and, on the following morning, the patient was perfectly recovered: the cure being successfully completed in about thirty-six hours after the first exhibition of the medicine.

### *Case II.*

MR. PEAD, of Darsham, was attacked in the beginning of February, 1812, with rheumatic pains in almost every joint, but most severely in the knees and ankles, accompanied by con-

\* In this and other early cases of rheumatism larger doses of the Tincture were administered than have since been found necessary.

siderable inflammation and swelling of the affected parts. This attack was ushered in by cold shiverings, succeeded by fever, and had been of five days' duration.

On the 7th, at two o'clock in the afternoon, *sixty minims* of the Tincture were administered. In the course of four hours the pains began to abate; and in the evening a profuse perspiration took place, which continued all the night. On the morning of the 8th, the pains were entirely removed from the upper extremities, and were considerably diminished both in the knees and ankles. In the evening of the same day, the patient was directed to take a similar dose of the Tincture. In the course of the following day, (the 9th), the medicine operated several times on the bowels; and, on the 10th, the patient was free from complaint. On the 12th, however, after exposing himself, very carelessly, to wet and cold, he experienced a return of the rheumatic symptoms; but this attack was not so severe as the former; and speedily yielded to two similar doses of the medicine.

*Case III.*

MR. BARTHROP, of Blaxhall, was attacked, in February, 1813, with violent rheumatic pains in the elbows, wrists, and fingers; and also with extremely severe pains in the knees and ankles, accompanied with extensive swelling, inflammation, and high symptomatic fever. These symptoms came on after a long-continued exposure to wet and cold. Mr. B. had suffered by a similar attack in September, 1812, which confined him for more than six weeks.

The attack in question had been of four days' duration, when Mr. Barthrop began with the Tincture. Three doses, each consisting of *sixty minims*, were administered, at regular intervals of forty-eight hours. The medicine operated freely on the bowels, and by perspiration; and in six days, every vestige of the complaint had totally disappeared.

*Case IV.*

MR. GIRLING, of Peasenhall, has been a great

sufferer, by attacks of acute rheumatism, from a very early period of his life. These attacks have, at various times, confined him for ten or twelve weeks together. The pains, during such periods, frequently shift from one joint to another, and often recur in the joint or joints first affected. On the 14th of February, 1813, Mr. G. was attacked by symptoms of fever, succeeded by violent pain and inflammation in all the joints.

On the 20th of the same month, I directed him to take *eighty minims* of the Tincture. The medicine occasioned a gentle perspiration during the night. In the morning, the patient had several evacuations from the bowels; and the pain, with every rheumatic symptom, rapidly subsided. On the evening of the 21st, the pain returned to the knees and feet, with great severity; and a similar dose of the medicine was exhibited. The operative effects of the second, were similar to those of the first dose; and the pain and inflammation again subsided.



On the 22d and 23d, except a slight pain in the left hand, the patient was altogether free from complaint ; but, on the 24th, he again suffered from pain in the right foot, which was slightly swollen and inflamed. The weather was at this time very wet and cold. I now directed him to take *fifteen drops* of the Tincture every eight hours ; and, on the 29th, the patient was perfectly free from rheumatic complaint. The pulse, which at the commencement of the attack was 120, was now reduced to its natural standard ; and the urine, which, during the attack, was remarkably high coloured, and deposited a copious lateritious sediment, now assumed its natural appearance. But as the patient complained of great weakness in the joints, and of general debility, (the effects of so severe an attack), he was recommended to take the Peruvian bark in substance, in doses of twenty grains, three times a day ; and this practice was continued, in conjunction with the daily use of friction, until his general health and strength were completely restored.

The cure in this case, though somewhat tedious, was successfully completed, (as far as the rheumatic symptoms were concerned), in nine days after the first exhibition of the Tincture.

*Case V.*

MR. GODBOULD, of Bramfield, was attacked, in June, 1813, by a severe rheumatic lumbago, accompanied by fever. For several nights he could take no rest, owing to the severity of the pain in the loins, which was greatly aggravated by motion or warmth.

In this state, I directed the patient to take *sixty minims* of the Tincture when going to bed. In less than three hours he experienced a considerable abatement of pain; after which he obtained several hours of comfortable sleep. In the morning, the medicine operated gently on the bowels, and the pain had nearly left him; it was again exhibited in the evening, and, on the following day, he had perfectly recovered from the attack.

In July following, Mr. G. caught cold, and

experienced a severe return of lumbago; but this was again subdued in the same easy manner, by two similar doses of the Tincture.

*Case VI.*

Mr. POTTER, of Yoxford, was attacked, on the 19th of April, 1816, by cold shiverings, followed by the usual symptoms of fever, and by pains about the joints. When I visited him, he was in a most helpless state, with pain and swelling in every limb, and in almost every joint. These symptoms were attended by a frequent pulse, great heat of the skin, a furred tongue, urgent thirst, high coloured urine, and a costive state of the bowels. About nine years before that period, the patient suffered under a similar attack for upwards of five months. The present attack was occasioned by wet and cold.

Having first relieved the bowels by an aperient draught, I directed the patient, on the 23d of the month, to take *sixty minims* of the Tincture. This dose produced no other sensible effect

than a slight alleviation of the symptoms. A second dose, equal in quantity to the former, was exhibited on the evening of the 24th. A profuse perspiration speedily followed; the bowels were actively moved; and the rheumatic symptoms continued to abate. A similar dose being again exhibited, on the evening of the 25th, the disorder rapidly subsided. But as some degree of pain and inflammation still remained on the night of the 26th, I directed the patient to take *ten drops* of the Tincture every six hours; and, on the 30th, all the rheumatic symptoms had totally subsided.

All inflammation and pain being removed, the convalescence was most favourable. The Peruvian Bark was exhibited in the form of decoction, three times a day; and small doses of the Tincture were continued for several successive nights, in order to prevent relapse. The several joints of the upper and lower limbs were diligently rubbed by the hand every night and morning; and afterwards carefully covered by flannel. By this treatment the pa-

tient was speedily restored to health; and has never since that period experienced any return of the disorder.

*Case VII.*

MISS CONSTABLE, the eldest daughter of Sir Thomas Constable, experienced a most severe attack of rheumatic fever, when at Paris, about three years ago. Every joint, both of the upper and lower extremities, was extremely swollen and distorted; and serious alarms began to be entertained, that if the patient should escape with her life, she might never recover the use of her limbs. She was also in great torture, and was incapable of moving herself in the slightest degree. The usual remedies for acute rheumatism were tried in vain, under the direction of a skilful physician. At length, in this dilemma, by the desire of Lady Constable, and with the approbation of her physician, Miss C. was prevailed upon to try the Tincture, which was kindly supplied by Lord Newburgh for this purpose. The effects of the

medicine, as Lady Constable informs me, were truly surprising: in three days the patient could move her limbs with tolerable ease; in one week she was able to walk about her room; and in about three weeks, was completely restored to health, to the great joy and astonishment of her family and friends.

*Case VIII.*

A YOUNG lady, aged ten years, suffered severely by an attack of acute rheumatism, in November, 1819. On my first visit, the attack had been of three weeks' duration; and still continued with most excruciating agony in all the joints, both of the upper and lower extremities.

The patient was directed to take *twenty minims* of the Tincture on six successive nights; and two drachms of Epsom salts, with twenty grains of magnesia, on the morning after each dose. The medicines operated chiefly by purging, and by perspiration. These salutary effects were promoted by mild diluent drinks. In the mean time, the rheumatic symptoms gra-

dually abated ; and in eight days from the time of taking the first dose of the Tincture, the patient was free from complaint.

#### *Case IX.*

A CHILD, aged fourteen months, was attacked with symptoms of acute rheumatism, in March, 1820. The legs and arms were much swollen, and very painful on motion. After opening the bowels, by administering three grains of calomel ; the Tincture was exhibited in a dose of *fifteen minims*. This occasioned some gentle purging, in eight hours after ; and, in less than twenty-four hours, the pain and swelling were removed from all the joints.

#### *Case X.*

MR. BARNES, of Yoxford, was attacked by acute rheumatism, on the 20th of December, 1821. He had a similar attack about ten years since ; from which he suffered for more than three months most severely.

On the 21st, both legs and feet were much

swollen, somewhat red, and extremely painful, when moved. The pulse was full and hard, the tongue white and dry, the skin hot, the urine scanty, and high coloured, and the bowels were costive. I first directed sixteen ounces of blood to be abstracted from the arm, then three Alterative Aperient Pills to be taken at bed-time, and a cathartic draught of Epsom salts and magnesia, on the following morning. The medicines operated freely by purging.

On the 22d, the arms, shoulders, and muscles at the back of the neck, were severely affected. The patient complained of pain in every joint, and was totally unable to move himself in bed. The bleeding was repeated. The Tincture was exhibited in a dose of *forty minims* at bed-time, followed by a cathartic draught (like the former) in the morning.

23d. The patient perspired freely during the night; the bowels were much relaxed in the course of this day; and towards the evening the pain, the swelling, and the inflammation in the feet and legs, were nearly gone;



but in the arms, the shoulders, and at the back part of the neck, the pains continued to be extremely severe. The Tincture was repeated in the evening, in a dose of *forty minims*; and the purgative draught in the morning after.

24th and 25th. The bowels continued to be much relaxed. The fever and the pains were considerably abated; and the patient had recovered the free use of his feet and legs. *Thirty minims* of the Tincture were exhibited on the evening of the 25th.

26th. The wrists and hands were still much swollen and inflamed. The Tincture was again exhibited in a dose of *thirty minims* at bed-time; and the purgative draught in the morning.

27th. Bowels much relaxed; hands and wrists still inflamed and painful. *Thirty minims* were again exhibited at bed-time.

28th and 29th. Bowels still very open. Pains nearly gone.

30th. Much better. Pulse calm and soft, skin cool, urine natural, tongue clean and moist.

31st. At this period the hands and wrists

were free from inflammation; and the patient was altogether free from pain. I now directed him to take three table spoonfuls of a decoction of bark, with one drachm of tincture of bark in each dose, three times a day; also two Alterative Aperient Pills every night, in order to keep the bowels soluble; and the legs and arms to be well rubbed every night and morning with the hand, or the flesh-brush, and flannel to be worn next to the skin.

On the 10th of January, 1822, the patient was so much recovered as to have ventured down stairs.

12th. Complained of some return of stiffness and soreness in the left hand and wrist; doubtless, occasioned by exposure to cold. These uneasy sensations yielded very speedily to three small doses of the Tincture, exhibited each night at bed-time, followed by three Alterative Aperient Pills each morning, and for several days after.

17th. From this period the patient became steadily convalescent.

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In conclusion.—The extensive medicinal properties, of which the Tincture is so eminently possessed, afford abundant reason to hope, that it may hereafter be found efficacious in the cure of other maladies besides those which form the subjects of this Treatise. I do not, however, wish to indulge in conjecture, still less to throw out hints which might lead persons destitute of medical knowledge to enter upon any rash or ill-conducted experiments. Should I hereafter, from my own personal experience, or from the extensive correspondence in which I am engaged, obtain satisfactory information of its successful application in other diseases, I shall, after a careful investigation, not fail to communicate the same to the public\*.

\* In the following Appendix, several cases of cough, head-ach, chronic rheumatism, &c., are given, in which the Tincture was successfully administered after all other means had been tried in vain.

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## APPENDIX.

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### CORRESPONDENCE AND COMMUNICATIONS.

THE following selection, though copious, bears only a very small proportion to the communications which the Author possesses; but it is hoped it will be a sufficient testimony of the success of the treatment detailed in this work. It may be proper to say, that the selection has been made, as in the instance of the cases, quite impartially; and that the effects of the Tincture, and of the Alterative Aperient Pills, are stated in the very words of the patients, only the less important details of their communications being omitted. The only liberty which has been taken with the language, was the correction of slight errors of the pen, which often occur in letter-writing, even among the best scholars. For the insertion of such letters, as the Author, through forgetfulness, has not obtained permission to publish, he can only say, that he has given them a place entirely on account of their utility and importance.

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*Extracts of Letters from Mr. Dodshon, Surgeon, at  
Diss, in Norfolk.*

London, April 27, 1812.

MY DEAR SIR,

THE man to whom I gave your medicine, about a month ago, has had, for the last seven years, every spring and autumn, a regular attack of gout, which has generally lasted from three to five weeks. When I saw him, which was the third day from the commencement of the attack, he complained of violent pain in both his feet, and could scarcely bear the weight and pressure of the bed-clothes; one foot was also considerably swollen. I gave him two tea-spoonfuls of your "medicinal water," at nine P.M. The next morning the pain had entirely subsided; he had had about five hours of refreshing sleep. The medicine had produced a slight diaphoresis. The following night I gave him two tea-spoonfuls more, which had a similar effect; it also produced one copious evacuation from the bowels. On the third day he ventured out, and has been free from gout ever since.

I mentioned this case to Dr. Jones, who thinks it a very decided one, and makes no doubt but that you have discovered the component parts of the Eau Medicinale.

I remain, dear Sir,

Yours most truly,

R. DODSHON.

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Diss, August, 31, 1814.

MY DEAR SIR,

\*\*\*\* Thomas Smith, of Wortham, bailiff to the Reverend Mr. Merest, was attacked by rheumatism, on Saturday, July 4, 1813. I ventured to give him one drachm of your "Gout Tincture," which produced considerable perspiration, and five or six alvine evacuations about ten hours after it had been administered. I saw him on the Monday following, and found him considerably better; I gave him another drachm of the medicine; and on Wednesday he was quite convalescent, and only complained of slight languor. He, therefore, took bark for a few days, which completely restored him; and he has not had an attack since up to this date.

Mr. Ellis, of Diss, had a severe attack of gout in the foot, about three months ago. He took half a bottle of your medicine at going to bed; but it had no perceptible effect till next morning, when he felt the foot to be greatly better; and, during the day, he had several alvine evacuations. In two days he was quite well, except a little languor, which, in two or three days more, was removed by a simple tonic.

I am, dear Sir, Yours truly,

R. DODSHON.

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*Extracts of Letters from Colonel D——, of Ipswich.*

Ipswich, October 8, 1813.

SIR,

In consequence of having been attacked, a short time ago, with gouty pains in one of my wrists,

I had recourse to some of your medicinal water, and experienced speedy relief. The mode in which I took it, was a small tea-spoonful two successive nights, which completely removed the pain. Concluding that it will be a satisfaction to you, to hear of this additional success of your medicine, I thought it right to mention the above.

I am, Sir,

Yours obediently,

R— D—.

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Ipswich, July 16, 1815.

SIR,

I shall be obliged to you to send me another bottle of your medicinal water. I have been more free from gout for some months past. I hope the warm weather will do much for me; at the same time, I must express great satisfaction for the assistance which I have received from your valuable medicine.

I am, Sir,

Yours obediently,

R— D—.

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Ipswich, February 9, 1819.

DEAR SIR,

Since I had the pleasure of seeing you, I have occasionally taken your new medicine, which I think you call "Gout Tincture;" and in a severe attack which I have recently experienced, not having any "medicinal water" in the house, I was obliged to

apply to Harmer for some of your Tincture; and having taken a small tea-spoonful the three following nights, I have got the better of the paroxysm, and without the very unpleasant nausea attendant upon the medicinal water. I, some time since, requested Dr. K. to procure for me a twenty shilling bottle of the gout medicine; I received it on Sunday, and concluding from the label that it is the same which I used to have of you, I shall be much obliged if you will exchange it for a bottle of the Tincture, the reason for which I have already stated.

I am, dear Sir,

Yours obediently,

R— D—.

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*Extract of a Letter from Mr. Freeman, Surgeon, Saxmundham, Suffolk.*

Saxmundham, June 12, 1814.

DEAR SIR,

I have two severe cases of acute rheumatism, in which I wish to give your medicine; and my youngest brother, (who is now with me, and to whom I had sent two of your small bottles, at Stowmarket, which, upon a rheumatic patient, produced wonders,) also wishes for a supply to take home with him. Will you, therefore, have the goodness to send us a pint bottle each by return of the bearer.

I remain, yours sincerely,

R. FREEMAN.



*Extract of a Letter from Jorgan Jorgansen, Esq.,  
Princes-Square, London.*

London, June 12, 1814.

SIR,

An old man, William Heath, who has sailed round the world with me, has for a length of time been afflicted with the rheumatism. I gave him one of your bottles, and he was cured in a very short time.

I remain,

Your obedient servant,

JORGAN JORGANSEN.

*Extracts of Letters from Mr. Finch, of Norwich.*

Norwich, August 30, 1814.

SIR,

I was in London a few weeks since, and found Mr. Markland's eldest son with severe gouty spasms in the head, and as I always travel with your medicine, I gave him half a bottle; when, strange to tell, the following afternoon he was well enough to meet me in Bishopsgate-street, without any other symptoms than a tenderness in his forehead.

I am,

Your obedient humble servant,

WILLIAM FINCH.

St. Andrew's Hill, Norwich, Nov. 3, 1816.

SIR,

I have for the last three years taken your

Tincture, whenever I have been attacked with the gout, and, I am happy to say, always with success; and certainly experience an amendment in my health, though it had suffered much by severe attacks, previous to being made acquainted with your medicine.

I took ten drops of the Tincture three times a-day, the greater part of last summer, as an alterative, and found that it tended powerfully to keep off the gout, as well as to procure me an appetite.

Mr. Markland speaks of your medicine in the warmest terms. I rejoice that you have made so valuable a discovery, and hope that you may live to experience a suitable return.

I am, your obedient servant,

WILLIAM FINCH.

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Norwich, January 3, 1820.

SIR,

It is some time since I last had occasion to apply for your Tincture, my health, of late, having been much improved as regards the gout. This amendment I attribute solely to your valuable medicine, and a strict attention to diet and regimen, as recommended in your *Treatise on Gout*. Your pills, taken after the complaint has subsided, I have also found of inestimable value.

I remain, Sir,

Your obedient servant,

WILLIAM FINCH.

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Norwich, Sept. 29, 1820.

DEAR SIR,

Your Tincture, and a strict observance of the rules of diet laid down in your Treatise, have completely renovated my constitution from gout. My poor wife labours severely under the same formidable complaint, and I have sent my bottle to be again filled for her use. From the weakness of her constitution, I have been obliged to lessen the dose to about half a tea-spoonful, and that not repeated oftener than once in twenty-four or thirty hours. She seldom is a week without symptoms, and scarcely a fortnight without an attack. Her mode of living is very moderate, her appetite being much impaired, and spirits she never did take, and wine in less proportion than two glasses per diem. If you will be so obliging as to advise me what should be done for her, you will confer a lasting obligation on,

Yours truly,

WILLIAM FINCH.

The Author prescribed for Mrs. Finch the occasional use of the Tincture, and two or three of the following pills to be taken on alternate nights:—

℞ Pulv. Aloes Comp., ℥iv ,  
 Pil. Hydrarg. ℥ij ;  
 Pulv. Antimon. ;  
 — Cambog. āā gr. v ;  
 Syrupi Simpl. q. s. ut fiant  
 Pilulæ xxx, Sumat ij, vel iij, alternis noctibus, prout  
 alvus soluta fuerit.

The pills were not regularly taken, from a groundless fear of inducing debility, but the Tincture continues to be occasionally employed.

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*Extract of a Letter from the Reverend Henry Harrison,  
of Bury St. Edmonds.*

Bury, September 19, 1814.

DEAR SIR,

Mr. Steckles, the bricklayer, (of this town), has received very great benefit from the use of your medicine. He had been sadly afflicted by rheumatism for many weeks, and had occasion to make use of only one bottle.

I believe your brother Doctors do not strongly recommend it; the reason I leave to your own conjectures.

I am yours, very respectfully,

H. HARRISON.

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*Extract of a Letter from the Reverend John Clayton,  
of Evershot, near Sherborn.*

Evershot, January 9, 1815.

SIR,

Having reaped considerable benefit from the use of your medicine, I strongly recommended it to some of my friends in this neighbourhood; who, I am happy to find, have experienced the same good effects which it produced on me. I consider it, there-

fore, highly incumbent on me to transmit to you information so satisfactory.

I am, Sir,

Your obedient servant,

J. CLAYTON.

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*Copies of Letters from the late Sir Patrick Blake, of Bury St. Edmonds, Bart.*

Bury, Feb. 2, 1815.

SIR,

It is with pleasing satisfaction that I devote a hand to your service, which a fortnight ago refused its office. In consequence of the letter, which you obligingly addressed to Mr. Chinery, I was determined to give your Tincture a fair trial the first opportunity that offered. I was too much exhausted at the time you wrote, by the tedious sufferings which I had endured, to venture on any experiment. About the 10th of January I was afflicted by a very severe illness of a bilious kind, and a general obstruction, which threatened to be very serious, and which baffled all medical skill for two or three days, as no passage could be obtained, and I was tormented by incessant sickness and nausea for thirty-six hours; the repeated discharges from the stomach being frightful and very abundant. At last I found relief from the medicines and the several *lavements* which were made use of. I got ease and quiet after unabated sufferings; found myself as much recovered

as I could expect, and flattered myself that I was becoming a convalescent.

To my astonishment, but according to the expectation and fears of Dr. Beales, who attended me, I was most suddenly attacked with a raging fit of the gout; so determined a fit, I have not experienced for a long period of time, if ever; as, in general, my sufferings are protracted by an incessant gout, of the dumb or feeble kind, attended with little or no inflammation of the parts affected\*. Most frequently I suffer dreadfully in my head, as I have done this time; but, although I have endured the torments of this *Proteus-like* complaint in both hands and both feet, yet one hand was frightfully bad, as bad as can well be conceived; and the next day, or the day after, one foot and ankle were full as bad as the hand, the inflammation being excessive, such as to be termed *fine* and *wholesome* gout by the *cognoscenti*.

Dr. Beales, Mr. Chinery, and myself thought, this the proper time for assailing the enemy by the use of your all-powerful medicine, as your book † had most justly described it. They administered to me the first night, which, I think, was the 23d of January, half a bottle of the Tincture, which had been procured from Mr. Gall. The effects during the night were wonderful. In less than two hours I fell into a refreshing sleep, and a profuse perspiration succeeded. When I awoke, I could sensibly perceive that the virtues of the medicine were con-

\* Chronic gout.

† He alludes to the first edition of this work.

tending to subdue the subtle poison of envenomed gout, which had actually swollen the veins of my hand beyond all belief. Sleep succeeded slumber, and slumber sleep, during the whole night, and part of the following day, till about twelve o'clock; and what with sleep, perspiration, and a wonderful relaxation from insufferable pain, my thoughts, partly incoherent, seemed to carry me to heaven.

The effects of this first dose were propitious beyond all expectation, and I was ordered to repeat the dose next evening. This second dose reduced the hand and foot very much, but it did not produce the perspiration or sleep which the first had done. I must add, however, that evacuations of the bowels were generally produced two or three times, and always once, from about twenty to twenty-four, and thirty hours.

Two more doses\* were ordered for me, which I took successively, after one day's interval, from the time of finishing the first bottle. They have certainly been of great use, or I could not, in about two weeks, be in the state of convalescence in which I now am, so as to be able to leave my room, and to attempt going down stairs this day.

\* \* \* \* \*

[Here Sir Patrick states some subsequent symptoms, for which his medical attendants had advised the exhibition of bark; and after noticing some dangerous

\* These were probably unnecessary.

effects that ensued from taking Husson's Eau Medicinale, about three years previous, which had nearly destroyed him, he proceeds to say :]

I must state, that the weather was very severe, and most unfavourable, during the operation of the medicine. I must also add, that, during the fit, the medicine allayed the violent irritation of the nerves most wonderfully; and I must conclude, that without the aid of this medicine, I could not possibly, after so severe a fit, have been in the convalescent state I now am, in two months, at least, if not three, instead of two weeks. Mr. Chinery computed three or four months before I could recover from such an attack.

I must now plead my apology, Sir, for tiring out the patience, and wasting the valuable time, of a gentleman, who, by his researches and knowledge, has done so much honour to the profession, as well as service to the whole world. The request contained in your book must acquit me of obtruding my case on your attention with any appearance of indelicacy; and although I have not the honour of being known to the liberal and benevolent character I am now addressing, yet I hope some fortuitous visit at Bury may enable me to return you my thanks, and to assure you personally of the esteem with which I have the honour to be,

Sir,

Your most obedient humble servant,

PATRICK BLAKE.

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Bury, April 20, 1817.

DEAR SIR,

My silence, hitherto, requires every apology from me, after having experienced so flattering a mark of attention by the presentation of so valuable a book as your recent publication\*, which I have both read and admired, as possessing the most scientific and well-digested observations on gouty and rheumatic cases of complicated and various kinds.

I sincerely trust and hope, that exertions like these, for the advantage of the world, will find ample encouragement, and meet their due reward. I should hope that Parliament will, sooner or later, be convinced of the propriety of taking your valuable discovery into consideration, and that, thereby, your researches may be remunerated in the just and liberal proportion which they so indisputably merit. Some few cases may, indeed, have failed, under particular circumstances, to receive the like benefit with myself from your medicine; but those instances I believe to be so rare, as scarcely to be considered in any degree to preponderate against the acknowledged virtues of the Tincture.

Without flattery, therefore, I have the pleasure of congratulating you on having administered relief to an incalculable number of sufferers, under the most afflicting torments of inveterate disease, in such a manner as has been scarcely ever before experienced.

\* The second edition of this work, which contained the case of Sir Patrick Blake.

I have the further satisfaction of being the means of communicating to you, the very high opinion which Dr. Beales is pleased to entertain of your medicine. Indeed, he has not hesitated, in my presence, to declare, that he has never found any thing capable of alleviating the pains, and soothing and allaying the extreme irritation, of the nerves, incident to cases of gout and rheumatism, in the same degree in which your Tincture never fails to accomplish.

I have submitted your book to the perusal of several of my friends, and it still continues in such request, that it is seldom or ever in my own possession. Wishing you a continuation of the same success, in your future discoveries for the public good, I have the greatest pleasure in subscribing myself,

Your much obliged

and obedient humble servant,

PATRICK BLAKE.

P.S. I have made but little use of your Tincture, if any, since our first correspondence, as my sufferings have always been from gout of the atonic or dumb kind\*. I am now suffering much from gout of this description, as there is little or no inflammation, but much swelling in my feet and ankles, with general and extreme debility. In this weak state, and under this description of gout, I am fearful of having recourse to your valuable medicine; for though I know fully how to appreciate its virtues,

\* Chronic gout, which at length proved fatal.

yet the sovereign Tincture requires to be carefully administered: and, in my opinion, should never be resorted to without a degree of inflammation being present, sufficient to give a desirable resistance to its action, so as to produce the beneficial effects for which it is so eminently calculated.

P. B.

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*Letter from William Fry, Esq., Hackney, inserted chiefly on account of the practical information which it contains.*

Lansdown Place, London Fields,  
Hackney, June 12, 1815.

SIR,

I am just forty, and have had the gout ever since I was twenty-one. My father had it before me, but not severely. My fits have not been regular, being sometimes in the spring, sometimes in summer, or autumn, or winter. I have sometimes had two fits in a year, and I have been two years together without fits; nor are the fits now of equal violence as they used to be ten years ago. My father used leeches, which gave him great relief from the pain; and, at first, for some years, I followed the same plan; but I found after every fit that I was thereby left weaker, and the swelling, which increased after the bleeding, took a longer time to subside. I was then recommended to poultice the parts, in order to draw out the inflammation. This I did, and found it better than bleeding. I was afterwards persuaded to try the Eau Medicinale, and the first,

second, and third times which I took it, I was certainly benefited by it. My dose was half a bottle at a time, and I think I took it twice, or, perhaps thrice, with good effect. It was on taking it the third or fourth time that it disagreed with me, and, instead of producing perspiration, put me into a dry burning heat, while no evacuations of any sort ensued. It stopped all pain, however, but left me with both feet swollen and paralyzed; and I remained without any use of my feet, from January, 1813, to July, and it was September before I could crawl down stairs, and get into a coach. I continued in this state all 1814, just able to crawl about, but never to go half a mile at a time.

In February of this year I went for six weeks to the medicated vapour baths, and found a little relief. The joints of my feet were now getting stiff, and I sat with my feet and legs in the bath from two to three hours daily, which relieved the stiffness, while the copious perspiration, caused by the general bath, relieved my habit of body, which, for want of exercise, was very heavy; and, unfortunately, I am of a corpulent make. To add to my misfortunes I am a merchant, and am daily confined to my counting-house from nine till four o'clock. I have been lame two years and four months, namely, to the end of May last. During this time I have tried many experiments, and used a great deal of friction; but what I found of most service in strengthening my limbs was salt and water, very strong, rubbed in on going to bed.

I have had the gout in my feet, knees, elbows, and hands, but never all at once. It generally seizes me first on one side, and then on the other; for the knees and other parts I apply a linseed poultice, which draws out the pain, and these parts soon get well. The 19th of May I was seized in the right foot, about the outside of the ankle. The knee and the knuckle of the middle finger were likewise affected. I applied the linseed meal. My hand and knee are now well, and the foot much better. During the time of the fit, my left foot was also seized, and has swelled with a similar pain and inflammation. I applied the linseed poultice to it, which relieved it, but the weakness remains with it, so that I cannot use it.

Now, Sir, I would thank you for your opinion, as to the safety of my taking your Tincture, when attacked again; and I should also thank you for advice as to the best methods of recovering the use of the limbs after the paroxysms are removed; and as to what you think will help my weakness. Your early answer will oblige,

Sir,

Your obedient humble servant,

WM. FRY.

P.S. I should have also said, that when I began to crawl about, the swelling was abated, and, for some months, I thought I was dropsical, for in the morning my feet looked well, but at bed-time they were puffed up. This has continued in a slight degree till this

time. At present, in the morning, my legs, and particularly the calves, look thin and flabby, but soon after I am up, the calves assume a firmness, and the feet and ankles swell.

W. F.

[The constitutional and local treatment proper for cases of CHRONIC gout, was recommended to Mr. Fry, but with what success I know not, as the patient soon after left the country.—For the treatment of chronic gout, see pages 189—194.]

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*Extract of a Letter from Colonel Capper.*

Earsham-house, Norfolk,

July 2, 1815.

SIR,

Having had symptoms of the gout, I have taken half a bottle of your medicine, and I have the satisfaction to say, that I experienced from it very salutary effects; for though it acted neither as an emetic, a cathartic, nor a sudorific, yet, in the course of eight and forty hours, the gouty symptoms disappeared, without any subsequent uncomfortable effect. On the contrary, on the night in which I took it, I had a quiet and refreshing sleep.

Wishing you all success in your future experiments, I have the honour to be, Sir,

Your most obedient servant,

D. CAPPER.

*Copy of a Letter from Mr. Goreby, Dover.*

Dover, Jan. 12, 1819.

SIR,

I have been afflicted for several years past with rheumatism, and could find no relief from any thing I took, till I had recourse to a bottle of your valuable Tincture, which greatly relieved me. I took a second; and it performed a complete cure. This was in 1816. In 1817, I had a slight attack; but one bottle set me completely on my legs, and I have not had the least return since.

I remain, Sir,

Your obedient servant,

T. W. GOREBY.

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*Copy of a Letter from D. M'Intosh, Esq.*

Forfar, Scotland, June 17, 1816.

SIR,

I have been subject to the gout for these three years past. My age is fifty, twenty years of which I passed in the East Indies. In May and June last year, I was confined to the house for two months, with my feet much inflaméd and swollen, and with great pain. I commenced with the Eau Medicinale, and got better from taking seven bottles; but for six months after, I was so much reduced that I could hardly walk, and it was a long time before I got better of the effects of that medicine.

About six weeks ago I was attacked violently in the left foot with great pain and inflammation. I was recommended by a friend (who had experienced the good effects of it), to make a trial of your Tincture. I sent to London for twelve bottles and your book. I have taken four bottles, and am now better than I had been for three years past, and not in the least debilitated from the effects of your medicine, as I was after taking the Eau Medicinale. I can now walk a mile or two with great ease, and ride on horseback for two or three hours. I beg leave to observe, that I made but little alteration in my diet after the first three days; at all times living temperately and sparingly as to animal food, and never having exceeded two or three glasses of wine at dinner, and taking no malt liquor nor any butter. For the last year I have taken no wine, but a small glass of spirits, largely diluted with warm water, finding it to agree with me better than wine. I am now, thank God, restored to my former good health, and I may say, from the effects of your valuable Tincture, which I shall continue to take for some time agreeably to your directions. At this present moment I have not the least appearance of gout, only a stiffness in the joints of the great toes. I trust, my good Sir, the request contained in your book will plead my apology for trespassing on your valuable time.

I am,

Your obliged

and humble servant,

D. M'INTOSH.



Dundee, May 27, 1818.

SIR,

I had the pleasure of writing to you in June, 1816, respecting the good effects I had experienced from your valuable Gout Tincture, which I have always taken with advantage.

I have still the greatest confidence in the removal of this dreadful disease by your excellent medicine, as the gout has not made its appearance with me since I began to use it, excepting a tightness in the ball of the great toe of the left foot, with a little pain on change of weather, or from the use of a tight shoe. I am now in better health than I have been for some years past, and have every reason to think that I owe it entirely to your Tincture, and kind letter of advice in June, 1816, which I strictly attended to, as to diet and exercise, &c. I mention these particulars, as you expressed a wish to know, at any time, what effect the Tincture had on me. The only medicines, excepting yours, which I have taken for these two years past, were, a little cream of tartar and sulphur, and occasionally a purgative pill or two, being of a costive habit.

I am, Sir,

Your obliged servant,

D. M'INTOSH.

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Dundee, July 27, 1818.

SIR,

I am extremely sorry to trouble you, but as the pain still continues in the joint of the great toe (and

frequently as if I were stung by insects, but without inflammation, I am obliged to ask your kind advice respecting it. I sponged the part affected with salt and water every morning, agreeably to the printed directions, used diligent friction and stimulant liniments, and applied rollers, &c. ; but with no good effect. My health in other respects is good. I take regular exercise on horseback ; but the pain, when I put on a shoe, prevents me from walking.

I have the honour to be,

Sir,

Your very obedient servant,

D. M'INTOSH.

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Dundee, July 1, 1822.

Mr. M'Intosh begs leave to inform Dr. Wilson, with his best respects, that the directions sent him, dated August 11, 1818, were strictly attended to for six months (the blister excepted). From that period to the present, there was no appearance of gout, nor pain in the joint of the great toe, till about a week ago, when I had a slight attack of gout. By taking half a bottle of your valuable Tincture, all appearance of gout was removed ; which I continued to take in small doses for ten days. I felt no inconvenience nor confinement from it, except a copious evacuation of bile the first day. I am now in better health, and have been, for some time, than I had been for some years past, which I owe in a great

degree to your valuable Tincture. The recipe for the Purgative Pills I have mislaid: may I beg the favour of the recipe for the Aperient Pills to be sent me; and say if I might take coffee for breakfast. I have always taken herb tea. I trust you will excuse all this trouble. I have just received a fresh supply of your Tincture, which I keep by me.

[Mr. M'Intosh was informed that coffee is not objectionable, provided it agrees with the stomach. The Purgative Pills which were prescribed were similar to the Alterative Aperient Pills.]

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*Communications from John Hawkes, Esq., of Okehampton, Devonshire.*

White Friar's Wharf, Temple, London,  
Dec. 4, 1815.

SIR,

Having been very much afflicted with the gout for upwards of twenty years, I have, as might be supposed, taken medicine of all sorts; and within the last four or five years, at least thirty bottles of the Eau Medicinale, which, in general, had the effect of removing the fit. Upon seeing your Treatise and Tincture advertised, I immediately wrote to London, and had the work and several of the bottles sent to me at Okehampton, in Devonshire, where I reside. This was about nine months since, and I have constantly taken it upon having a fit, or finding one

coming on, and which has invariably left me in two or three days, but not with lassitude and debility, as I generally experienced after taking the French medicine. I shall, therefore, pursue the use of your medicine. I have recommended it to many of my friends, who are now in the habit of constantly taking it both in gout and rheumatism.

From having had so many fits of the gout, (some of which, before I took the French medicine, had confined me to bed for two months, and two or three for upwards of three months, not being able to move or turn myself in bed without assistance,) the joints of my knees and the lower part of my back are become so weak as almost to prevent me from walking; or, at least, not without the greatest difficulty, attended with stiffness and pain; though, when I am in bed or sitting, I am entirely free from uneasiness.

As it is my intention to continue taking your Tincture, (finding myself so much better for having done so,) I have some thoughts of taking it weekly, and when I have not the gout upon me, unless you should think it would be improper. Since taking your medicine my appetite is much better, and I certainly have acquired much strength; and were it not for the stiffness in my knees, and weakness across my back, I should be able to walk as well as I ever could. I have been thus crippled about three years.

If you will do me the favour to give me a few lines in answer to this, with any directions that may occur to you, necessary for me to pursue, in taking your Tincture, I shall feel particularly obliged. I have

met some friends here who have mentioned Dr. Drummond's having received great benefit from your Tincture. I shall remain here about a week longer, and then return to Okehampton, where your favour will find me.

I am, with great respect, &c.

JOHN HAWKES.

[In reply to this letter I directed, that as a preventive medicine, from a quarter to half a bottle should be taken weekly, in two or more doses, provided that at the same time proper attention were paid to diet and regimen, and especially to caution against cold.]

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Okehampton, May 8, 1816.

SIR,

Upon my return from London to this place I caught a violent cold, and had the gout very severely in my right knee and foot. I immediately took the usual quantity of your Tincture, and very soon got rid of it. I have ever since taken about twenty-five drops of it weekly, and have not had the gout two hours since at any one time; my general health is much better, and I am getting corpulent.

All the gouty persons in this town and neighbourhood make use of your Tincture, and they have all experienced the greatest benefit, not only getting rid of the fit, but in some instances having had no return, although the persons have never been confined, for several years, less than five or six months in the year.

One gentleman had his right knee so much swollen that he never expected to be able to walk again; but by taking your Tincture the swelling very soon subsided, and he is now able to walk as well as ever. One of the surgeons in this town, who is very gouty, has taken it with the greatest success; and I know they give it to their rheumatic patients; and I have heard them say, it has always had the desired effect.

I have recommended the Tincture to every gouty person that I have seen in London, Somersetshire, Exeter, Launceston, and particularly in this town and neighbourhood; and every person that has taken it speaks in the highest terms of it. I shall at any time be glad to answer any inquiries that may be made to me from any person respecting it.

I cannot conclude this account without returning you my sincere thanks for your very handsome letter, and for your trouble in sending me the medicine. I am convinced, if your Tincture were generally known and tried in this kingdom, there would not be any persons crippled by the gout. I am certain that I walk much better than I did last year.

I remain, Sir,

With the highest respect, &c.

JOHN HAWKES.

P.S. I have given your medicine a fair trial as an alterative, having taken the drops weekly for nearly four months; and have, I may justly say, been almost free from gout, which has not been the case for the last twenty years before.

*Copy of a Letter from Dr. Kidston, Bedford-square,  
London.*

3, Francis-street, Bedford-square, London,  
June 9, 1818.

SIR,

Your publication, and the good effects which a friend of mine experienced in the cure of gout from the use of your Tincture, induced me to give it a trial. I am nearly fifty-two years of age, and have been afflicted with it almost twenty years. I have still the perfect use of my joints. To the Eau Medicinale d' Husson I gave a fair trial; with me it lost its effect. About three weeks ago, I had a slight attack; I then took half a bottle of your Tincture, which completely removed it in three days. Sixteen days from that period, I had a return of the complaint more violent than before; I had again recourse to your Tincture, which has for the present removed it. I am determined to give it a fair trial, and shall be happy to add my testimony in its favour. I will thank you to send me four bottles directed as above. I beg leave to add, I am a temperate liver, as a proof of which, I lived above four years on vegetables and water only. Should business bring you to town, it would give me much pleasure to have half an hour's conversation with you on this disease.

With the most anxious wish that the Tincture may prove successful,

I am, Sir,

With respect,

Your obedient servant,

J. KIDSTON, M.D.

*Extracts and Notices of Communications from the late  
Rev. Henry Arnold, Vicar of Longstock, near Stock-  
bridge, Hants.*

The following, which is the first letter I received from Mr. Arnold, is important, chiefly on account of some particulars mentioned respecting his constitution; and as it forms an interesting introduction to the history of sufferings almost unparalleled, but borne with great patience and fortitude.

“ Augusta Place, Weymouth,  
July 11, 1815.

“ SIR,

“ I am a clergyman of the church of England, fifty-six years of age, born of healthy parents, with broad chest, and of a stout and athletic make. I have been subject to violent attacks of regular gout, of the severest kind, for more than twenty years. Previous to these attacks, I had always lived well, but not luxuriously, and constantly used much exercise. It is now twelve years since I have been able to stand on my feet, the joints of my knees and ankles being entirely locked up, and I can only be moved in a wheel-chair or on men's arms. I have never had many nor long holidays from the gout. I have taken, I suppose, forty bottles of the Eau Medicinale; at first, with the greatest success; then, with temporary benefit; and, at last, with consequences of a threatening nature. It destroyed all



appetite for nearly a fortnight at a time, and felt like a heavy weight at the bottom of the stomach, violently distending it."

He then goes on to describe the violent effects of a mercurial pill, and relates, that in May, 1815, the gout having begun to attack his hands, he had recourse to the Tincture.

"I took, at first, rather more than a third of a bottle of the Tincture; the next night a similar quantity; each of which doses was attended by two considerable motions, and subsequent perspiration. The gouty symptoms gave way, and I was perfectly at ease."

The next letter was written by Mrs. Arnold, on account of Mr. A.'s great indisposition. As some parts of this letter are particularly important, as connected with the use of the Tincture in a case where I feared to recommend it, I shall give them in her own words.

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" Bath, Oct. 7, 1815.

" SIR,

" It is with much pain of mind I inform you that I think the sea air has materially disagreed with Mr. A.; and but for the assistance of your valuable Tincture, he seldom would have been out of his bed. He has had a lingering gout for some weeks, but

within these ten days he has been very severely attacked in his head. At first, he complained of great pressure on the top of the head, which was succeeded by violent pain. He was blistered on the back of the neck, high up towards the head. This for a few days relieved the pain, but it again returned. A second blister was then applied behind the ear, and that not succeeding entirely, twelve leeches were applied to his temples, and the feet were fomented. These applications have so far been of use, as to bring the gout into one knee and thigh. The stomach was also much affected, but not so that we might absolutely call it *gout in the stomach*. I must here observe, that Mr. A. is so dreadfully nervous, that he cannot bear to be touched, and scarcely to be spoken to, while his head and stomach are affected. In the beginning of this illness, he took your Tincture, in doses of twenty or thirty drops, with the happiest effect."

In the remainder of the letter, Mrs. A. describes the temperate habits of the patient; requests direction as to the use of the Tincture in his circumstances; and very feelingly and properly deprecates every dangerous experiment.

My answer to this letter of Mrs. Arnold was in conformity to a principle from which I have never knowingly deviated, and by which I hope always to be governed, that of never sacrificing the safety of a patient for the purpose of advancing my own personal interests.

Yoxford, Oct. 11, 1815.

MADAM,

I beg to express my sincere regret at Mr. Arnold's indisposition. The Tincture, though so eminently useful in the regular gout, affords little or no relief in disorders of the head or affections of the internal viscera, to which many gouty persons, who have suffered severely from long and repeated attacks, become particularly liable towards the decline of life. At least, I have no experience of its powers in such cases. When, in gouty habits, the head is attacked with pain, giddiness, and other unpleasant sensations, the same treatment should be employed in such cases as is practised in similar disorders occurring under any other circumstances. The means usually resorted to are venesection, leeches applied to the temples, cupping, blisters upon or near the affected parts, cooling aperients, anti-spasmodics, &c.

I pledge myself for the truth of every thing which I have asserted concerning the Tincture; and that it has none of those dangerous nor deleterious properties which have been ascribed to other popular remedies for the gout; but, like all other active and powerful medicines, it requires to be used with prudent caution. At the time of life to which Mr. Arnold is arrived, a small quantity of wine, and a more generous diet than what he has of late been accustomed to, are certainly proper.

My best wishes attend him; and as I feel highly

interested in his welfare, a line from you, or from him, in the course of a few days, will greatly oblige,

Madam,

Your very obedient

and humble servant,

CHARLES WILSON.

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The next communication which I received was from Mr. Arnold himself, dated *Bath*, Oct. 25, 1815. After relating some temporary benefit which he had received from taking a small quantity of rum and water, he proceeds thus:—

“ I took thirty drops of your Tincture, and in five hours my head was much relieved, and the muscular contractions began to give way. In forty-eight hours I took twenty-five more, when a relief took place thrice in the bowels without griping or pain. A gentle perspiration followed, and I became generally much better. I found some gout taking place in my left shoulder, and I took twenty drops in the night. An involuntary shaking affected this joint, but entirely without pain, and the gouty symptoms in the shoulder went off. I now became convalescent, so much so, that at the end of ten days, I was wheeled into the dining-room.”

Mr. Arnold then takes notice of a rheumatic pain in the course of the sciatic nerve of the left thigh, and intimates his intention of trying the Tincture in this case. He then observes,

“ My head continues quite free from pain, and as I had manifestly great relief in that part, which I attribute solely to your excellent medicine, I have been diffuse in my statement, in order that other patients similarly afflicted may safely take it, and I hope with like success. How it may act in attacks of the stomach, I cannot venture to predict ; but I wish I could hear of its being fairly tried.

“ In any future edition of your book, you are perfectly at liberty to state as much of this letter as you think proper. Mrs. A. and my family (a son and daughter grown up), though unknown to you, beg to offer their kind regards ; and

“ I am, dear Sir,

Your very much obliged  
and humble servant,

HENRY ARNOLD.”

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The above is of the greatest importance, as it proves the efficacy of the Tincture in alleviating the symptoms in a very hopeless case of irregular gout, far exceeding, in this respect, what I could have been led *à priori* to anticipate. The following gives the result of some of the trials which Mr. Arnold afterwards made with the Tincture.

Darlington Place, Bath, May 6, 1816.

DEAR SIR,

Being under an engagement to give you an exact account of my case, and feeling truly grateful for your kind advice and directions, I now beg to

inform you, that I have passed (as usual) through a long winter of repeated gouty attacks, all and each of which have been met by your medicine, and gloriously driven from the field. Of long standing as my case has been, I make not the least doubt, that, if I had not had so powerful a friend at hand, I should have experienced my former distressing sensations, and a subsequent debility, producing a helplessness truly deplorable.

I have had recourse to your Tincture eight or ten times at least, and with never-failing success. Since my last communication, I blistered my right hand, for a pain which seemed to dwell there too long. In two days after, the agony was transferred to my head, during the second night. Early in the morning, I had recourse to the Tincture, and in three hours the pain was gone. Should it return, either to this or to any other part, I shall not suffer so long intervals to take place between the attack and the remedy. But I must frankly own to you, Sir, that I have been too timid in the use of the Tincture; yet I trust some allowance will be made, when I state, that I was at the point of death by Kinglake's cold-water system; and since then, in a situation nearly as desperate, by taking the Eau Medicinale, which brought on a torpor in the stomach, of a week's duration.

On Lady-day last, we removed from the South Parade to this place: the weather was dreadfully cold, and I had not been out for the whole winter. I took a severe cold, and felt myself under a universal chill. In the night, a grievous pain took place

in my stomach ; and I tried the old gout cordial of Mead and Warner, without effect. My medical friend sent me a box of laxative pills, but I found no permanent relief till I had again recourse to the Tincture, which was as successful as heretofore.

Not long ago, I was visited by an old and most particular friend, certainly one of the first surgeons in this part of the kingdom. When we consulted him on the subject of the Tincture, he made the following sensible observation : “ I know nothing of the component parts of the Tincture : we can only judge of a medicine by its effects. If it has been successful with my friend Arnold, I would advise him to take it again.”

I beg to mention, that through my recommendation, numerous bottles have been had from Weymouth, it not being to be had here. I now find it is gaining ground in this place, so memorable for gouty patients. I attribute its tardy progress to the discovery treading so closely on the heels of the Eau Medicinale, which certainly failed or did harm in many instances. At my earnest entreaty, a gentleman much older than myself, and equally an invalid by the gout, has very lately been prevailed on to take the Tincture in a sharp attack. It has operated so favourably on him, that he is now perfectly free from pain, and in high spirits, and as loud as myself in the praises of your medicine. This is Mr. Meyler, sen., proprietor and editor of the Bath Herald, a most respectable and honourable man. He is also a bookseller of eminence, and vends public medicines ;

and having, I may say, a universal acquaintance in these parts, and himself experiencing the good effects of the Tincture, it is my most earnest request that you will appoint Messrs. Meyler and Son venders of the Tincture: your own advantage, and that of the public, will both be forwarded by this step.

Mr. Meyler has conversed with the Hon. and Rev. Mr. Strangways, who, I find, has received great and permanent benefit from your medicine. Mrs. A. joins in kind regards with,

Dear Sir,

Your much obliged  
and faithful servant,

HENRY ARNOLD.

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Darlington-Place, Bath,  
March 6, 1817.

DEAR SIR,

Since I last wrote you, I have pursued the plan of taking your Tincture whenever I was oppressed with severe pain, and that, I am sorry to say, has been but too frequently the case; I think I may say, that, during the last summer, I was never three weeks without gout in some shape or other, so that I was mostly confined to the house; and when autumn came on it was still worse, as I was then, for the most part, confined to my bed.

I am now pretty well, but have much gout about me still. When it approaches, I take the Tincture, which continues with certainty to diminish and render tolerable the pain of the fit. The last assault was



in the elbow and hand of my left arm, and was a terrible rush of gout to those parts. As I had been so often using the Tincture, I resolved to endure as much agony as I could, in order to see if my enemy would exhaust itself, and for a time let me go free. For forty-eight hours I endured exquisite torment, and finding no symptoms of abatement, I had recourse to the Tincture, which, in about three hours, began to take effect, and my pains gradually went off. I had three motions, succeeded by considerable perspiration. This fit occasioned great debility. My apothecary gave me the Calumba root; but it purged me so violently that I was compelled to give it up, and I am now taking the serpentaria.

I occasionally consult Dr. Williamson of this place. He has known me and my case many years; but what he prescribes is mostly of a cordial nature, with strict injunctions not to live low. Others who call in, advise a contrary plan, and that I am sure I should soon sink under. As to a cure, I can neither hope nor expect it; but if I could be put on any plan that would merely enable me to sit in my chair, and enjoy some portion of appetite and strength, I should feel happy and contented.

I spit a vast quantity of mucous phlegm, sometimes of a thin, and at other times of a more dense, nature. It does not appear to hurt or waste my bodily substance.

I have reason to think, that the Tincture has had good sale in these parts. In many instances of younger gout than mine, it has almost wrought miracles.

What I have now to beg is your kind directions how I am to go on, and what you would recommend for the great weakness which I have to contend with. My pulse, of late, is apt to be not so strong as formerly, being about fifty-seven. The bowels retain their usual good state. You will recollect that my age is fifty-eight, and that I am of strong and robust make, but by long illness and confinement I am much injured in every respect. Mrs. Arnold offers her kind regards; and

I am, Dear Sir,  
faithfully and truly,  
your obliged friend and servant,

HENRY ARNOLD.

The frequent recurrence of gout at irregular periods, the slow and feeble pulse, loss of appetite, nervous irritation, and general debility, are symptoms truly characteristic of chronic gout. With the intention of warding off as much as possible the attacks of gouty inflammation, and of strengthening the constitution, I directed the following tonic draught to be taken, with ten drops of the Tincture as an alterative, every forenoon and afternoon. But I wish to be understood by my readers generally, that with the view of *preventing* the gout, I now, for the most part, prefer the Alterative Aperient Pills to alterative doses of the Tincture; the former containing an extract from the Tincture, and possessing, at the same time, purgative qualities.

## THE TONIC DRAUGHT.

℞ Decoct. Cinchon., ʒx ;  
Tinct. Cinchon. Comp., ʒiiss ;  
Ammon. Carbon., gr. vi.  
M. ut ft. haustus.

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Bath, April 2, 1817.

MY DEAR SIR,

As you obligingly requested to hear further concerning my case, and the effects of the prescription with which you favoured me, I beg to subjoin the following particulars:—

From the arrival of your last, I took the prescribed medicine for ten days, when finding a sense of heat and distention in the region of the stomach, I desisted for a week. I was manifestly better, both as to appetite and rest. I am now again taking the same medicine, but as I found it began to operate on the bowels, I take it only once a-day, and this in conjunction with the aperient of my medical friend. In bodily strength and health I mend daily, and am only impeded in my efforts towards sitting up every day, by a lingering gout, which affects my right-hand wrist. I have tried poultices and soap liniment, but neither of them moves it. Last night I again took my usual portion of your Tincture, namely, twenty-five minims, and it has been easier ever since.

Three instances have occurred, in which the Tincture was less successful than usual, and candour and fairness induce me to state this, as I do not think

any man can be better employed than in telling the truth and doing right. The first case was my miller, in Hants, who took the Tincture in various ways, both in small and large doses, without effect. The second was, Mr. Wharton, of Bath, who took two bottles, one of them at a dose, with little effect. The third case was Mr. Hobbs, who also took two bottles without any observable consequence. Among the very numerous instances of the success of the Tincture, these are the only failures which have come to my knowledge; and I know I am addressing a mind of too much liberality to take offence at this communication.

I look with the usual eagerness of a sufferer for the approach of aid, therefore, your letters are ever most truly welcome; they have been of infinite service as guides to me in a trying hour. May the world, one day or other, look forward to the knowledge of the component parts of the Tincture\*?

I have the pleasure to remain,

Dear Sir,

Your much obliged friend,

HENRY ARNOLD.

April 10, 1817.

P.S. From day to day I have deferred folding my letter, in order that I might be able to say how I went on in consequence of the amendment produced by your prescription. Soon after the first part of

\* See Introduction.

this was written, I took twenty-five minims of the Tincture, for the pain and swelling of my wrist. I can now partially use the hand, the pain and swelling being quite gone. A new, or rather a revived, complaint, now torments me. On the inside of my right thigh, just above the gartering place, I have a red mark \*, which my mother told me was elder wine, for which she had longed when pregnant. Be that as it may, it has inflamed four or five times at different periods, five or six years apart. Sometimes a slight fever, at other times a severe chill, ushers in the complaint, and in four or five days it disappears. In the worst attack, it was fomented, and castor oil in great quantities was administered with success. At present, the same part has swelled in a trifling degree; besides, a gland in the right groin is very much enlarged. The pain is very little, except upon pressure. My apothecary has seen it, and applies an embrocation, and advises a recurrence to the medicine which you last prescribed, and the Tincture added as before, twice a-day again. This is the fifth day since the swelling appeared, and I find it softer and better; but still I think I am best in bed. In great truth, I will add my thanks for the time and trouble occupied by

H. A.

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Bath, Sept. 6, 1817.

MY DEAR SIR,

As your late letter to my friend, Meyler, in-

\* Nævus maternus.

timates a wish to hear from me, I duly feel your kind interest in my case, and here express my thanks. I have passed a wretched summer; I think not one week has passed free from an attack, generally in the hands or wrists. With these I got on as well as I could, constantly taking your medicine. Six weeks ago the fit came in a more formidable manner; I had been (in bed) exerting myself in talking loudly to a gentleman, who hears with some difficulty; a severe pain of the gouty kind came almost suddenly at the back of my neck, then spread to all the muscles and tendons which support the head, and it is still alarmingly increasing. It thence proceeded all over the scalp, causing a ridge from the turn of the hair to the forehead, and in this place it was most intense.

I took largely of the Tincture, even more than usual, but with little or no effect. I repeated it a second time, but still with no effect. I took rhubarb and magnesia, as the bowels were very inactive. I sent for my apothecary, who ordered me a brisk purging draught, and after two motions the pain abated. Again, I took some draughts which he prescribed, and yet the pain returned with very great violence.

I then saw plainly, that the apothecary did not know what to do; I told him I thought there was a chance left from your medicine. He said, "If you think so, take it; for I would, were I in your situation." I then took a still larger portion, and it succeeded. He said to my family in the next room:—"He can-

not be worse." Perspiration came on, and evacuations, and (in about a fortnight) I got so well as to be dressed, and take my tea in the parlour.

Alas! my hopes were vain! another attack came on the next day; all the symptoms returned with equal violence. No relief from the Tincture, nor from leeches, blisters, or hot water to the legs and feet. I had much fever, and grievous pain extending upwards, along the neck, and over the head, as before. Brisk evacuations were again resorted to. I continued long in dreadfully severe pain, on attempting any sort of movement. By repeated doses of the Tincture, the attack at last gave way, and I am now recovering from this second very severe visitation.

Of course I use the utmost caution every way. I have totally given up beer of all kinds long ago; and no wine, except it be mixed with spices, agrees with my stomach. Brandy and water, with grated ginger, is my chief resource, when low; yet I use that but seldom, being well aware of the injury always resulting from spirits.

I am now taking the draught which you last prescribed, with five drops of your Tincture to each dose. I had hopes that the warmth of summer would have brought a respite; but in this I was disappointed. I wish, Sir, you would duly contemplate these two last attacks in the head, &c., and let me have your opinion of them as soon as possible, with directions what I should do.

My pen and voice are often employed in favour of your medicine. Scarcely a day passes without in-

quiries, or notes, which I candidly answer, giving due praise to it for what it has done in times past; although in these two last instances, when my head was affected, its powers did not seem quite so certain or speedy, in removing the pain, which, however, it did ultimately.

My friend, Lord Rivers, is gone to Clifton. He is much troubled with cough, and walks with difficulty, and very feebly. I did not see his Lordship when last here, but I know his opinion of the Tincture is very favourable.

My apprehension is, that if these attacks of the head be not prevented, the most serious injury is to be feared. The case, indeed, would be hopeless, but for my age (fifty-eight) not being very advanced, my very stout frame, my being descended from a long-lived parentage, and from my having the remains of a fine flow of animal spirits;—that great blessing amidst the evils of the loss of home, health, and fortune. Let the clouds grant me only two hours of clear atmosphere, and I am as lively and gay as ever I was at twenty-one. What a consolation it would have been for me, had you come on from London to Bath! shall we hope to see you here? Accept every kind wish.

Yours sincerely,

H. ARNOLD.

For this very distressing case, the Author prescribed the blue pill (*pilula hydrargyri*) in doses of five grains, and fifteen drops of the Tincture, on alternate nights, and recommended the occasional use



of purgative pills, prepared with the compound extract of colocynth, and a small proportion of antimonial powder.

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Bath, Oct. 27, 1817.

MY DEAR SIR,

You will recollect how very much my spirits were disturbed by constant and weekly attacks of gout, when I wrote last. On the arrival of your most kind and friendly letter, full of confidence in the soundness of your advice, and the controlling powers of your medicine, I did not hesitate to begin the course so ably pointed out. I immediately (Sept. 17) had your prescription made up, and the plan succeeded far beyond my expectations. I proceeded to take about fifteen drops of the Tincture every other night, alternately with the blue pill every other night, for a month; unless when interrupted by two of the purgative pills, which were occasionally resorted to. But I should here state, that, from my mouth beginning to shew symptoms of soreness, I now and then omitted the blue pill, taking only ten instead of fifteen pills in thirty days, observing in all other respects your directions most minutely.

I am happy in being able to state to you, that from the 17th of September to the 23d instant, *I had no gout*, and scarcely a symptom of gout, till last Thursday. The month recommended by you having then elapsed, and finding myself in a manner well, I had left off medicine entirely. On the evening of that day, I found my old enemy had not forgotten me,

but made his approaches by both my arms and hands. I directly applied to the Tincture, keeping my bed on Friday and Saturday, and on Sunday I was happily able to join my family, and ate a slight dinner, though I found much languor from the disease, and from three copious evacuations which the medicine produced. To-day I am quite bonny.

During all the time of my convalescence, I lost no opportunity of being out in my wheel-chair, as much and as often as I found my strength would bear. Our cottage is one mile out of town, yet, in one forenoon, I paid no less than nine visits at doors where I had not called before for two years, much to the astonishment of all the beholders. As I have had such good fortune, I must be careful and persevere. I am now waiting your further directions, how to manage myself through the trying months of winter.

I do not know whether my conjectures be right or not, but I fancied the bottle which you sent last had more strength than any I had previously taken; for I found thirty-five drops a very strong dose, and followed by much nausea. Since which, every success has attended twenty or twenty-five drops.

Oppressed by a more powerful enemy, I did not mention to you another complaint, which has oftentimes alarmed me very much. Very considerable quantities of white slimy matter come away with my urine; this has been the case for two years, and has lately much increased, so that a considerable deposit is formed five or six times in the twenty-four

hours. Sometimes it floats about like dust, in the liquid; at other times, in large white flakes. I have frequently a kind of pricking shooting pain about the neck of the bladder and the urethra, but no intense pain. My medical friends have assured me, that it is not the sort of pain which indicates stone; but after reading Dr. Wollaston's Remarks, I cannot say that I am without my fears of being afflicted with that most dreadful complaint. Pray favour me with your opinion on this point of my distressing case, and point out such medicine and regimen as you may deem proper for me to pursue.

The spare bottle has been quite successful in relieving two distressing cases of gout. One, a glazier, aged forty; another, a young woman, of seventeen, long confined by hereditary gout. I wish to see the glazier's case published here in the papers. Only yesterday, I administered the Tincture to one of the first men, in point of opulence and consequence, in Bath. The success, much to my joy, was complete, and to-day came a long letter of thanks from him.

In hopes of hearing from you soon, I remain, with every good and sincere wish,

Your truly obliged

friend and servant,

HENRY ARNOLD.

The Author prescribed alterative doses of the Tincture and blue pills, as before advised, and sixty grains of the compound powder of tragacanth, to be

taken twice or thrice daily, with the decoction of marsh mallows, prepared according to the formula in the *Edinburgh Pharmacopœia*.

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Bath, January 8, 1818.

MY DEAR SIR,

I have waited till this day to answer your last kind letter, and I will begin this by mentioning to you the state of my own health. I have had un-failing success in putting off my attacks, by taking the alterative doses of the Tincture and the blue pills; having been only twice confined since September, and both times by catching cold.

A fortnight ago, my chairman came to say, that the air was soft and mild, and I went out for a two-mile excursion; but the wind turned to north, and became extremely cold ere I could reach home. The next day, I found I was to pay bitterly for my ride. Head-ach, stuffed nose, sore throat, for a week; and then the egout. All this time, I had no medical man, but I had recourse to your little bottle, and am now quite recovered. I have frequently taken the gum tragacanth with advantage. In fact, the mucous discharge diminishes fast, and the deposit from the urine is seldom and trifling.

On the other side of the paper, you will find cases, which owe their relief to the Tincture through my recommendation, and given by my own hand. Your letters, together with my own experience, have been the chief directors in the cases before us, and the suc-

cess of the Tincture has been invariably triumphant. When you publish your next edition, I shall beg to obtain leave for some of the most prominent of these cases to meet the public eye.

There is now a case in Yorkshire, in which my recommendation is followed. The result you shall know, but in prescribing and directing, I must take care not to get out of my depth, but stick closely to your letters and your book. Sir Joseph Banks has written to this gentleman, that he continues to take the Eau Medicinale; but never took your medicine, and does not, as yet, think of trying it. I reply, that Sir J. B. is a mere child in gout, compared to myself; though, in some other matters, he is every way my superior. My friend is now under the influence of the Tincture, and declares, that he would sooner be guided by my opinion than any physician's in England. He has also been a large taker of the Eau Medicinale, and suffered severely by it.

I speak a literal fact, when I say, there never passes a week, and seldom a day, when I am not applied to, either by letter or personally, about you and the Tincture. As to the Tincture, its own merits will take care of it; but, wherever placed, I shall not cease to speak with gratitude of you, and of the days and months of ease and comfort which I have enjoyed from your assistance.

I remain, as ever,

Dear Sir,

your faithful servant,

HENRY ARNOLD.

*Cases treated with the Tincture,*

Enclosed in the preceding Letter.

1817. J. W. W., Esq., aged about sixty, very many years a great sufferer from gout; never had permanent relief till he took the Tincture last year; can open his hand, which had been closed two years; he remains in good spirits, and is quite well.—(See page 197.)

1818. Sir H. Trollope, much in the same state, and received equal benefit.—(See page 187.)

1818. H. S., Esq., aged about sixty. This gentleman, an old friend of mine, was attacked by gout in the night, after a long journey out of South Wales. About five o'clock in the morning, his lady came to me, and I gave him sixty drops. In two hours, he was better; and, after a night of exquisite torture, fell fast asleep, and awoke refreshed, with the pain nearly gone, and the swelling nearly so. At night, he took thirty drops, slept well, had evacuations and perspiration. In four days, he was so far recovered, as to walk up stairs, and call to thank me, declaring, that under such attacks he was formerly kept to his bed for six weeks.

1818. It has lately come to my knowledge, that Lord Newburgh has received the greatest benefit from the Tincture. This case was communicated to me by a friend, to whom his Lordship wrote on the subject. The Tincture was prescribed for his Lordship by Dr. Tierney, physician to His Royal Highness the Prince

Regent. (See his case, page 194, and his letter in this Appendix.)

1818. My friend, the Reverend Morgan Jones, aged about eighty, had been treated as for approaching apoplexy, having been cupped, blooded, &c., without relief from the pains which had long been flying all over him. Upon their settling in his feet and legs, he was prevailed on to take the Tincture. After two doses his pains left him, and he writes to me, in the finest flow of spirits, that he is quite restored to health, and rides out on horseback every fine day.

I know many other instances of equal success in Bath, Berkshire, Yorkshire, Dorsetshire, and one in Cumberland.

*Persons in low Stations relieved gratuitously.*

1817. Richard Barret, aged forty-five, a painter, had been four months confined by gout, and both legs were contracting; he took the Tincture four times. His legs are become perfectly straight, and he daily pursues his business in health and comfort.

1817. Sarah Mathews, aged seventeen, had hereditary gout, and was discharged from the hospital as incurable. She took the Tincture six times, and is now perfectly restored to health, and walks four miles every day to and from her work.

1818. Sophia Shepherd; an old and grievous case; knobs of chalk-stones on her arms as large as a pullet's egg. She was much and astonishingly relieved.

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Bath, May 21, 1818.

MY DEAR SIR,

My friend, Mr. W. Weston, will deliver this to you, and will have the satisfaction of stating his own case to you in person; and, oh that I had the same gratification! I feel happy in being able to say, that Mr. W. has gone through this last most trying winter in comparative ease and comfort. He has placed considerable confidence in my mode of administering the Tincture, and my general management of gout, as I have learned it from you; for I have followed your plans as nearly as possible, paying due attention to the newly-printed directions, which give most ample and able advice. Before the arrival of these, I had found the advantage of an active treatment of the bowels. Indeed, both Mrs. Arnold and myself have observed how much more effectual the Tincture is, when coupled with this plan. The arrival of your letter confirmed it; and this mode has been since strictly followed up in every instance with unfailing success.

I am in correspondence with Mr. Carr, of Askham, near Tadcaster, Yorkshire, who informs me, that his apothecary has written his case to you. He is decidedly gouty, but the inflammatory symptoms do not appear to rise to so high a degree of violence as in most cases of this complaint\*. Mr. Carr is known to Mr. Weston, and possesses the same amiable qualities of mind and heart. Such a man,

\* The symptoms were those common to *chronic* gout.



who would not do their utmost to relieve from pain, and, most likely save, from a lingering and premature death ?

I know of several others, whose gout torments them in the same manner ; but you and I have not now to learn, that scarcely two cases of gout are found to resemble each other. Every constitution seems to possess its own peculiar character, and hence arises the necessity of attending, as far as possible, to the various dispositions, habits, form, age, temperament, and regimen, of every individual : and having discovered as much as we can of these, to proceed accordingly.

In all new cases, I cautiously begin low enough with the Tincture ; and when I have felt my ground, I go boldly on, and am rewarded by the accounts of the ease and comfort which have followed to the patients. I am gratified, that very few stick to the old and fatal plan of flannel and water-gruel, with the consequences of racks, tortures, and ruined limbs.

I hope your returns from Bath are satisfactory. Believe me, I never lose sight of your interests in any respect, but am ever happy to promote what I consider so justly your due.

I have not been out of the house once, the whole of this spring. In the first place, I was detained within doors by a woful attack of dropsy, which afflicted Mrs. Arnold, in March ; and afterwards with a bilious attack, which threatened her life. During the tumult of these distressing circumstances, I was seized with a sore throat and fever, and the cough

that succeeded, almost tore me to pieces. I concluded that I should not finally escape without gout. It unfortunately fixed on the kidneys. Besides the free use of the Tincture, I had recourse to the gum tragacanth and marsh-mallow tea. Yesterday brought the first freedom from pain, and I hope to leave my bed to-morrow.

In regard to my general health, I consider it as considerably improved; but I have not, of late, been able to go one week without taking the Tincture. Indeed, I may safely say, my attacks have been weekly; and weekly met by the antidote: so that, although they have not done me much injury in a constitutional point of view, it, nevertheless, must be considered what a harrowing up my feelings have undergone during the last winter; and it will appear wonderful, how I have been able to live through it at all. I have only had occasional recourse to the blue pill. I left it off two months ago, in consequence of tender gums; and it was several weeks before they became sound. The weather is now settling, I hope for the summer, and I may do better. Pray favour me with your advice, and say how I am to go on. Remember my temperance and adherence to rule; nothing is to be done without these.

I must set apart one half-sheet for CASES. I had been long, to no purpose, begging Mr. Lynam to take the Tincture; his grand theme was the Eau Medicinale. I now learn he is become a strong advocate for your Tincture, and has ordered five dozen

bottles to take with him to the south of France. Mr. L. is a banker in Dublin, of immense property, and has been a long and grievous sufferer in gout. Accept, my dear Sir, the best wishes of myself and family.

Ever faithfully yours,

H. ARNOLD.

*Cases transmitted with the preceding Letter.*

Mr. W. WESTON, with only forty drops, had six copious discharges from the bowels, and was, in consequence, much dispirited next day; but he soon found, as I predicted, the happiest results, and is going on well.

Mr. COLEMAN, of Dorset, was lately attacked in both feet. A brisk aperient was taken, and, the following evening, he took forty drops of the Tincture; fell afterwards into a profound sleep; awoke in a gentle perspiration, quite free from pain, and now remains well.

THOMAS MORTON, aged sixty, is much afflicted with rheumatism, and being servant to a paralytic gentleman, and obliged often to leave his bed almost every night, in all seasons, he can scarcely be considered as a fair patient. He has taken the Tincture, however, and is greatly better.

The next two cases exhibit the powers of the Tincture in instances hitherto untried.

MARY HALES, aged forty-six, was seized with a

violent head-ach, and had had good medical assistance to no purpose. Her disorder grew to so alarming an excess, that her life was deemed in great danger. I gave her fifty drops of the Tincture, in a wine glassful of peppermint-water. The same night, she experienced her first relief. In a few days, venesection was had recourse to in her amended state. She is now perfectly recovered, and has called to return me thanks.

ELIZABETH HIGGS, aged twenty-two, was seized, in full health, with a dreadful head-ach, so much so as to compel her to give up her work, and became almost delirious with the intensity of the pain. All the usual remedies having failed, and much fever supervening, I gave her forty drops at bed-time. She had some refreshing sleep in the night, and was free from pain through the next day. At bed-time next night she took thirty drops more, which completed the cure. Here no other means were used, and the cure (under God) is to be attributed solely and entirely to the Tincture; and is a most triumphant instance of the decided success of it in a new class of disorders.

I have not a single failure to relate.

H. A.

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Longstock, Hants, Oct. 24, 1818.

MY DEAR SIR,

You will perceive that I have not been hasty in replying to your last kind letter; but I delayed so doing in order that I might have to communicate all

the results of the medicine in cases where the treatment was under my own immediate inspection. But first, I have to give you my unfeigned and grateful thanks for the very liberal supply of the Tincture. It was truly welcome, and not to me only, but to numerous others, whose scale of life would not admit a purchase. Pray do not tire whilst I tell my long story ; I must find fingers and pen, and I hope you will find patience.

Since I wrote to you last, at which time I was almost despondent, I began to revive, and to have a fine portion of strength return to me, but I did not know the extent of it till put to the trial. Long before midsummer last, a young farmer came to me in Bath, to say, that my congregation was in most unworthy hands. \* \* \* \* \* We all left Bath, June 25th, and reached home next day. I had got the Curate out of the house before. Still he bade me defiance, as he was licensed to the curacy ; but to obviate this, I gave notice to the Chancellor of the Diocese, that I should perform the church duties myself. To the astonishment of myself and others, I got on tolerably well. The people all know that I am a cripple, and perhaps they know also, that after being twenty years their Vicar, I do not preach one doctrine and practise another.

Mrs. A. is better since we came home ; my daughter's health, firmly established ; and my own (excepting occasional attacks, which come on, more or less, but not with their usual severity, every week), is, on the whole, infinitely better. I have

had, through all this affair of removing, &c., *considerable mental agitation* from circumstances which were evidently *meant to irritate me*. On most subjects of feeling, it is only necessary to touch the string, and the vibrations follow instantly; being, as I am, a sort of sensitive plant. But on leaving Bath, I made up my mind to be in good humour with every thing and every body. "Sir," said one to me, "when you see your place, you will tear your hair off your head for sorrow." "Well, then," said I, "I must get a wig, and all is right again." I was not disappointed on getting a view; in fact, nothing could equal the scene: but my firm determination mellowed it down.

Mr. W. Weston I hear from often. His opinion is uniformly in favour of the Tincture, and he ever speaks in praise of it and you most warmly. Poor Mr. Carr is not quite so well, and I wonder not at it, as his heart has been long bursting at the almost certain prospect of Mrs. Carr's death.

*Cases treated with the Tincture.*

ELIZABETH, wife of —, stonemason, Bath, has been seven weeks confined to her bed. Medical men attended as long as the poor husband could pay. She was delivered of a child at this time. The doctors told her, *she had the gout, and must have patience*. Her husband, having heard of the relief which I had given, applied for some of the Tincture; and I gave her thirty drops, three times, which was so effectual,

that she quitted her bed, and when I left Bath, was assisting in her household affairs, nearly well.

JOHN DOWLING, Longstock, Hants, had old gout, and dreaded and expected to become a cripple. He had taken Eau Medicinale, and Reynolds' and Want's medicines, to no purpose. He had long wished to try your Tincture. In a bad attack, he took it on my recommendation, at Midsummer last, and has ever since been free from gout, is perfectly well, and carries sacks of flour easily, and walks and rides without the least inconvenience.

RICHARD PADDICK, of Longstock, aged fifty-eight, a labourer, of stout make, had long been afflicted with most severe head-aches, so as to alarm himself and family. He first took forty drops of the Tincture; then thirty drops twice, and is now restored to perfect health.

HANNAH PADDICK, his wife, who is about the same age, was afflicted with most obstinate costiveness, being generally six or seven days without evacuation from the bowels. Her pains were excessive; she was on the borders of delirium; the apothecary told her, there was no relief but in death; her eyes looked ghastly; her face black. I gave her some aloetic pills, and followed them up with the Tincture, in doses of thirty drops thrice repeated. The bowels began to act regularly, and two more doses effected a cure. She worked hard all the harvest, and remains well.

WILLIAM NOYES, of this parish, a labourer, was

afflicted with rheumatism of long standing. He is aged thirty-eight, and stout made. When on his way to the apothecary, a farmer sent him to me. He had two strong doses of magnesia, followed by three doses, of thirty drops each, of the Tincture. He had been in great agony; had quitted his work, and was almost motionless. When I first saw him, his left knee and hip seemed quite contracted. In ten days, this patient was perfectly well, and remains so.

I have given two similar doses to Charles Vidler, blacksmith, in a decline of some duration, and he is so much better, that he talks of going to his work again. His cough is almost gone, and daily mends.

You see, Sir, I am not an idle occupier of the medicine, and shall not fail to give it on every fair occasion, and you shall always know the results. I shall hope to hear from you very soon, with any further history of the medicine which your skill and practice afford. I always strictly attend to the bowels, and give, in many cases, brisk aperients, which practice the old school condemns. My family unites with me in every kind regard and good wish.

I am, as ever,

Dear Sir,

Yours most faithfully,

H. ARNOLD.

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The following letter, announcing the death of her worthy father, was written by Miss Arnold. “*Mental*



*irritations\**," provoked by a series of losses, vexations, and disappointments, led, it is much to be feared, to this melancholy event. The constitution, already worn down by disease and unparalleled sufferings (though sustained throughout with most exemplary fortitude), became, at length, unequal to the conflict. The patient survived only two months after writing the foregoing communication, which is dated October 24, 1818. Mr. Arnold was a lamentable example of the pernicious consequences resulting from gout when strongly ingrafted in the habit, namely, tormenting pains, loss of the use of the limbs, loss of strength, diseased actions in the lungs, in the head, in the stomach, in the kidneys, and in the urinary bladder; with most distressing nervous irritations, terminating in death.

Longstock, Jan. 26, 1819.

DEAR SIR,

On the day your letter arrived, I had resolved to inform you of the irreparable loss which we have sustained in the death of my beloved father, who expired in my arms the 28th of December last. Your kindness to him will ever be most gratefully remembered by his afflicted family, who are deprived of one of the best of fathers and husbands. He had been confined to his room nearly five weeks with his regular autumnal attack, which, with the assistance of your most valuable Tincture, was going off most favourably, when a nervous fever seized him, and

\* See the two preceding Letters.

in one short week (for he was only one week dangerously ill) his family was rapidly plunged into the greatest sorrow. Had you personally known him, Sir, you would, I am sure, have loved him.

“ We shall be most happy at all times to testify our approval of the Tincture, and feel assured (under God) that it preserved my dear father’s life for the last five years. We will ever use our utmost endeavours to recommend it. My dear mother desires her best compliments may be united to those of

Your sincere and obliged friend,

CHARLOTTE M. ARNOLD.

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Gosport, November 2, 1819.

DEAR SIR,

My motive for troubling you with this, is to ask your advice for a poor woman in this town, who is a great sufferer from rheumatism, and as I have a small quantity of your valuable Tincture by me, I wished to give her some of it ; but, on inquiry, I find that she is in the third month of her pregnancy. I have therefore declined giving it to her, till I hear from you, whether, in such circumstances, it may be proper for her to take it\*. Her legs swell very much, and look shining, but are not red nor inflamed. She always suffers with the rheumatism during the whole period of her pregnancy. She is of a slender

\* In such cases, we must endeavour to avoid any violent action of the medicine, especially on the bowels, by administering it in small and gentle doses only.

make, and, I think, about thirty-two years of age. I shall feel much obliged by your early answer, as she is at present suffering very much.

I have the melancholy task of informing you, that I have sustained the additional loss of my beloved mother; &c. &c. Believe me,

Dear Sir,

Your sincere and obliged

C. M. ARNOLD.

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Gosport, December 7, 1819.

DEAR SIR,

I offer you my best thanks for your friendly letter, and advice for my patient, who, I am glad to say, is better, and has certainly received benefit from the Tincture. Since I wrote to you, I have administered it to a *medical* gentleman's maid-servant here, with the best effect. This has exhausted my little stock, and I have not been able, in consequence, to give my two patients their proper number of doses. Remembering your kindness in sending Tincture to my dear father, for the use of the poor, I am hence emboldened to ask the favour of you to send me a little for the same purpose, for which I shall feel much obliged. I trust my motive for writing this, will plead my apology for troubling you again so soon. Believe me,

Dear Sir,

Your sincerely obliged

C. M. ARNOLD.

*Copies of Letters from Earl Rivers, in which are exhibited the decidedly curative effects of the Tincture, not only in Gout and Rheumatism, but also in the speedy removal of violent Cough and Oppression of the Chest, as connected with Gout.*

Strathfieldsay, Hartfordbridge, Hants,  
Jan. 30, 1816.

SIR,

I sincerely regret not having taken advantage sooner of the request which you made of communicating with such patients as may have tried your medicine. It is with much pleasure I inform you, that I have derived from it the greatest benefit. About the end of November, I was seized with the gout in my knee, in which I formerly met with a slight injury, and the effects of this I am very liable to feel. From the knee it soon descended to both feet. At the end of a week of severe suffering, I found some relief, and was expecting to leave my room next day; when, alas! it returned, with more violence than ever, into the foot which had been least affected.

At that time, I had luckily heard of your Tincture and its efficacy. I took the third of a bottle (forty minims), which soon produced all the good effects which you describe. The pain had left me before morning, sleep followed, and for two days after, I had two bilious evacuations from the bowels each day. There remained no pain whatever, nor any

swelling of the parts: all were subdued by the medicine.

I continued to live cautiously for some weeks, but being in London last Monday, I caught a violent cold; and in hopes of shaking it off, as I had frequently done before, by change of air, I hurried back to the country. Here I incautiously exposed myself to the late stormy weather in coursing, which on Friday produced a very great oppression of the chest. On Saturday, I experienced still greater oppression and cough, which, however, were subdued by inhaling the vapour of spirit of Mindererus, which brought on expectoration.

I imagined that all was now going on well; but I soon began to feel a burning heat under the ball of my great toe, which has greatly increased, and although I can still walk about my room, it appears to be decided gout.

Now my intention in writing to you is, to know whether, in case of cough, with heat, fever, and oppression on the chest, you would advise me to take the Tincture in the way in which I took it before? I should observe, that I think I perceive my cough, with the heat and oppression, to decrease as the gout advances\*.

Before I can have an answer to this, I shall most

\* Catarrhal complaints, that are connected with gout in the habit, are uniformly relieved by the Tincture. This was most decidedly the case with Lord Rivers. The cough and other symptoms very commonly give way as the gout itself abates.

probably have taken the third of a bottle of the Tincture. I have been endeavouring to cure my cough with a medicine that has befriended me for many years—tar water, drank warm ; but that, of course, I shall abandon as soon as I take your Tincture. Your early reply is particularly requested.

Believe me, Sir,

Most gratefully and truly yours,

RIVERS.

P.S. I never had the gout till I was about sixty, and of late years I have restored my constitution by regular living.

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Strathfieldsay, Feb. 27, 1816.

SIR,

Very soon after addressing you, and before receiving your answer to my letter, I took one-third of a bottle of your Tincture, notwithstanding the oppression on my chest, with cough, and feverish sensations. I was soon relieved, both from the attack of gout and from the severity of the cough and oppression. No swelling of the foot followed, as usual, from the attack. I was cautious in my living, and having no more symptoms of gout, I took no more of the Tincture. Of the necessity of attending to the bowels, I am well aware. I always keep my body in a regular state by the use of *Baume de Vie*, which has been my practice these four years ; and although I have used it constantly, and almost daily, the whole of that time, with great general advantage to my stomach and bowels, still the same quantity usually

produces the desired effects. My constitution, though very strong, is so peculiarly susceptible to impressions from cold, that a damp napkin on my knees will affect both my sight and hearing. The holding of any thing damp at any time will make me sneeze; although I can bear *dry* cold without injury. I am always rendered feverish and irritable by exposure to rain or damp weather. Being very fond of coursing, I cannot help exposing myself to all weathers, though not without every possible precaution which I can use.

All my physicians have advised me to drink a few glasses of wine; but my stomach, although good, is so extremely irritable, that more than one glass or two always disturbs my digestion. Brandy in tepid water does not affect me in the same way. I much doubt, however, my requiring either wine or brandy; for I have always the best health and spirits when I abstain from both.

The physician, who attended me the night before I used your Tincture, and who sat up with me, recommended the inhaling of the vapour of emollient herbs, &c., to relieve the extreme oppression in my chest. He witnessed also my sharp fit of gout, and the swelling and inflammation of the foot, just before I determined on using the Tincture, which I took with great confidence, from the excellent effect it produced in the former attack. I never saw a man more astonished than he was the next morning, when he expected to find my foot even double the size; and instead of this, saw the swelling subsided, and the

parts, instead of a burning scarlet, of a faint copper colour, and without pain when touched. The pores were opened by the medicine, but there was very little effect upon the bowels.

Whatever allays irritation suits me, as all my ailments proceed either from it or tend to excite it; and your Tincture does more than any thing to allay this. I avoid laudanum, for fear of constipating the bowels. Notwithstanding your kind permission and request, I feel ashamed to take up so much of your time; but I hope I shall some time have an opportunity of returning my thanks in person. I beg to assure you of the high sense I feel of the gratitude which we all owe you for the advantages to be derived from your excellent medicine; and remain,

Dear Sir,

Your most obedient and  
obliged humble servant,

RIVERS.

In a letter, dated November 24, his Lordship observes, "I have frequently had occasion to recommend and administer your incomparable medicine in various cases of gout and rheumatism, in some of which the effect has really been past belief."

His Lordship continues to retain the same favourable opinion of the Tincture as has been expressed in the above communications—"Always (as, in a subsequent letter to Mr. Churchill, he remarks) applying to the Tincture in case of any regular fit of gout."



*Copy of a Letter from Dr. Reece, Piccadilly, London.*

Piccadilly, Feb. 8, 1816.

SIR,

Having met with a case of gout in which your Tincture was administered with success, I am desirous to give an impartial account of it in the next number of the Gazette of Health. A medical man, of some eminence in London, endeavoured to persuade my patient that the medicine is a saturated infusion of the meadow saffron, and is a dangerous medicine. On this account, I wish to obviate this misrepresentation in the Gazette, which has an extensive circulation.

Mr. Braham, the singer, speaks very highly of it, and several noblemen are giving it a trial.

I am, Sir,

Your obedient servant,

RICHARD REECE.

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*Extracts of Letters from the late Viscount A——.*

St. James's-square, London,

June 14, 1816.

SIR,

I have suffered much for the last twenty years from that most tormenting disorder, the gout. My hands, elbows, wrists, knees, ankles, and feet, have been generally affected. The fits have returned so frequently (one attack following so close upon another, as to prevent my regaining strength in my

limbs during the short intervals of convalescence,) that for several years I have been much crippled. The joints of two or three of my fingers are a little enlarged, and the spring of my foot and proper play of the instep is nearly annihilated, so much so that I cannot walk down stairs in the usual way of putting one foot before the other upon separate steps. I have frequent pains in my side, in my loins, and in my chest; but these, I imagine, are generally muscular, though perhaps sometimes proceeding from a disordered state of the bowels, or from the kidneys. My appetite is usually good, and nothing that I eat or drink seems to disagree with my stomach. I am, however, very temperate, drinking malt liquor rarely, and only when the beer is new and weak; and taking but little wine, seldom exceeding three or four glasses of white wine, generally diluted with water, and sometimes soda-water.

I believe that I have taken almost every medicine which has been recommended to subdue this cruel disorder. I thought the Eau Medicinale affected my head, though it relieved the pain. In October last, I was induced to try your Tincture, and I have had recourse to it ever since, whenever the gout has commenced its attacks upon me. It has always succeeded in giving me relief after the second dose, without affecting my head as the Eau Medicinale had done. The effect has been that of a purgative; but not attended with sickness, any considerable perspiration, or other observable consequences. I have

always found the Tincture to perform its office more pleasantly when the bowels have been previously emptied.

If I catch the slightest cold, it is sure to produce gout in my limbs ; and this evil has occurred so often, that I have been obliged to have frequent recourse to your medicine, and have taken a great many bottles of it.

I trouble you with this long statement of my case, that I may be able to ascertain from you, whether it is your opinion that I may continue to take your Tincture, whenever the gout returns, even if that should be every week, without doing injury to my constitution, which is naturally good, though I am so subject to this afflicting disease.

I am, Sir,

Your most obedient  
humble servant,

A—.

The author has seen but too many instances of the deplorable consequences resulting from protracted and neglected gout, not at once to have recommended the use of a remedy which long experience had taught him could always be administered, even in cases of inveterate gout, with safety and advantage. He therefore did not hesitate for a moment to recommend the use of the Tincture to his Lordship, as often as gout recurred, and always on its first approach.

St. James's-square, July 10, 1817.

SIR,

I think I have received benefit from taking the Gout Tincture as an alterative, in the dose of about twenty or twenty-five drops each night.

I have, unfortunately, had an attack of rheumatism in my shoulder and thigh, but the medicine, in the doses in which I was taking it, did not seem to produce much effect on that disorder.

I intend to set out on Tuesday next for Paris ; but, as I should be unwilling to leave England without a good supply of the Tincture, I shall feel much obliged by your sending me a little fresh made.

I remain, (in haste),

Your obedient humble servant,

A———.

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Shugborough, Staffordshire,

Nov. 13, 1817.

SIR,

I have been in the habit of taking your Tincture, almost constantly, in the dose of from twenty to thirty drops on going to bed. It has certainly kept off any severe attack of gout, and my constitution does not seem to suffer from having taken it so frequently.

I am, Sir,

Your faithful humble servant,

A———.

The two following letters were from Viscountess A——, respecting the case of Lord A——:

Shugborough, Feb. 19, 1818.

SIR,

I cannot help troubling you with the particulars of a most severe attack of gout, with which, I am sorry to say, Lord A—— has been afflicted for nearly two months, and which has resisted the influence of your medicine in a manner that has surprised and disappointed me not a little, as, upon all former occasions, it has uniformly procured relief in a few days; but this fit has been without intermission, and has been peculiarly distressing, as it attacked the back of his head and neck, which for many weeks rendered him unable to lie down at night, as he could not bear the pressure even of the softest pillow. He has likewise had the gout in both feet and both hands, and has not had the use of his right hand since the first week in January. This has dispirited him very much, and makes him fear it will continue useless.

It has been peculiarly difficult to know how to manage this attack, as there has been a great deal of apparent fever with it, and incessant thirst; yet the pulse has never been strong, but frequent and small, which has made him somewhat afraid of taking the Tincture so constantly as might have been desirable.

I cannot help thinking, that care should be taken to avoid acids during the influence of the medicine;

and, if you think so, I shall be much obliged to you to mention it, and also to lay down a proper regimen. Acids are so great a temptation to a person suffering from extreme thirst, that it is natural to imagine they cannot do harm; though I cannot help thinking that they are always injurious to a gouty constitution\*.

I am perfectly convinced that nothing has had the least control over Lord A———'s gout except your Tincture; but though he has generally found it a specific for the time, it certainly has no effect in preventing the recurrence of the disorder, unless it is taken every night; and then, I fear, it would lose its power upon great occasions; or, at least, that the quantity must be increased to a degree that would hardly be prudent; I should, therefore, be peculiarly glad, if you could lay down any plan likely to be productive of longer intervals between the attacks. An early answer will much oblige,

Sir,

Your obedient humble servant,

A—— M—— A———.

[As necessary auxiliaries to the Tincture, in the treatment of this, and similar cases of inveterate gout, I recommend and prescribe cooling purgatives in the paroxysms of the disorder, and alterative and purgative medicines in the intervals of the paroxysms, as the means best adapted to prevent their frequent

\* See page 129.

returns, and to improve the general health of the patient. This mode of treatment, which experience in similar cases had suggested, was, however, not immediately adopted by the patient in the present instance, as the following communication from Lady A—— will shew.]

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Shugborough, March 1, 1818.

SIR,

I am happy to say, that Lord A—— has been recovering progressively, though slowly, for the last week, which I attribute to his having persevered in taking your medicine, in doses of from twenty to forty drops every night, except one, since I wrote last. This plan has, I am sure, subdued the violence of the disorder. But a most obstinate stiffness still affects his limbs, particularly his hands. There is also a good deal of inconvenience still remaining in the neck, which is always more uncomfortable at night, and in a recumbent posture, though the acute pain has quite subsided. Under these circumstances, Lord A—— thought it better not to alter a plan that seemed to agree with him. He has not yet, therefore, tried the prescriptions which you have been kind enough to send him. I should imagine, that a much longer continuance of the Tincture, at one time, would not be desirable, but Lord A—— is apprehensive, that the gout would return if he left it off.

I hope his health may now become daily more con-

firmed, that he may be able to adopt the plan which you have proposed for preventing such repeated and quick returns of the disorder. Lord A———'s hands, for some time past, have been apt to become cold, when sitting still in a warm room; but he thinks he has derived benefit in that respect lately, from taking Oxley's Essence of Ginger, which seems to have transfused a more genial warmth into the extremities.

I remain, Sir,

Your obedient servant,

A—— M—— A———.

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*The following is an Extract of a Letter received from the Lady of Major Paston, of Lynn-Regis, Norfolk:*

Lynn, July 5, 1816.

DEAR SIR,

I am happy to find that your Tincture meets with so much approbation, and I hope you will realize a fortune by it, as I am sure you deserve it. I have heard it very highly spoken of by medical men. Our surgeon, Mr. Snell, who says he remembers you at Edinburgh, tried it on himself, and also on one of his gouty patients. In the latter case with great success; but, in regard to himself, he was, unfortunately, obliged to get up in the night after having taken it, which prevented the effects which he might otherwise have expected.

I am, dear Sir,

Yours, very sincerely,

L. PASTON.



*Copies of Letters from a Gentleman, in Somersetshire.*

[It will be perceived, in the perusal of the following interesting series of letters, that the signature is withheld, at the writer's urgent request.]

———, August 15, 1816.

SIR,

About six months ago I first took your medicine for the gout, in consequence of a smart attack of that disorder in my right hand. Two bottles, I think, completed the cure. I have since taken it several times with equal success. Its appearance and operation, however, are so like the Eau Medicinale, and so many lamentable cases have occurred, within the last two or three years, of the fatal effects produced by this latter medicine, that my friends solicited me, on being, about ten days ago, attacked with a fit of gout, to take the advice of a physician, eminent for his skill in this complaint. This I did about a week ago, the gout appearing then under a mild form, in the joint of the thumb and forefinger of my right hand. Dr. S. prescribed a pill of four grains of calomel, with one grain of antimony, at bed-time, with accessory draughts of magnesia, Epsom salts, and colchicum vinegar, to be taken according to circumstances; also two grains of opium and one of antimony at night. In this course I have persevered, and during this week both hands, both great toes, both feet, and both knees, have been very violently attacked by inflammatory symptoms of

gout ; and yesterday my left hand and arm, as far as the elbow, became violently inflamed, and still continue so. The other limbs, also, continue swelled and very feeble, though not to the extent of their first inflammation.

I am, you see, Sir, in a most helpless condition, and most seriously do I regret not having, as heretofore, taken your medicine on the first attack. Be pleased to inform me, if, under the above circumstances, badly detailed by a lame hand, you think I can venture to resume the use of your medicine, without incurring greater hazard than I have reason to expect benefit. It may be necessary to inform you, that my age is fifty-six ; that I had the gout before I was thirty, and frequently since ; and that I certainly lay claim to the disorder through the maternal line ; my mother's father, though a very temperate man, and a physician, having died of gout. I may also state, that my urine is prodigiously high-coloured and fetid ; I do not, however, observe any gritty sediment in it.

I remain, Sir,

Your obedient servant,

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[The Author thinks it proper to say, that the patient continued the use of the Tincture, with never-failing success, from the above-mentioned period till the time of writing the following letter, as will be seen on perusing his own statement.]

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—————, March 25, 1820.

DEAR SIR,

When I had the pleasure of seeing you last May, at Bath, and mentioned the habit I was in, of taking twenty minims of your Tincture every night, as a preventive of the gout, you recommended me to give up the constant use of the medicine by degrees, and to recur to it only on being attacked with the disorder in fact. I made the attempt to follow your advice, but soon found the gout recurred. Of course, finding always relief from the Tincture, I was again induced to resort to its daily use as before.

I have, since that time, generally had an attack about every six weeks; on the appearance of which I have increased my usual dose to forty minims for three, four, or five nights, according as the violence of the attack has been more or less. In about thirty-six hours the violence of the disorder has always been mitigated, and a few days have invariably restored me to the use of my limbs.

On the 7th of this month, I was warned of an approaching fit of gout, by a very uneasy state of my stomach, with much flatulence. The next day my left hand and arm, as far as the elbow, were fearfully swelled, almost indeed to bursting. A violent fever supervened, attended with extreme thirst and a total disrelish for food. At night I took forty minims, with two pills of rhubarb and ipecacuanha. Being somewhat relieved next day, I repeated the dose at night; and the day following, the swelling sensibly softened and began to diminish, and I slept

comfortably. In short, I continued taking forty minims every night till the 22d current. The pain and swelling in my arm had disappeared entirely by the 14th, but my wrist has all along continued swelled, and it remains so, though not to any great degree.

During the whole time I continued the Tincture, I suffered no inconvenience as to nausea or want of appetite; my general feelings were agreeable, and I had no lowness of spirits. Indeed, I must say, I think my general health is far from being worse. When taking the Tincture, either lately or heretofore, it has, I am convinced, been better, and I am not sensible of any one inconvenience arising from the medicine. I have to remark, that forty minims do not affect my bowels in the slightest manner; so that I am obliged to take some aperient with the Tincture, or on the morning after taking it.

Have the goodness now to tell me, if you apprehend any bad consequences from my continuing the Tincture, should the pain in my wrists continue? I acknowledge, that I have not hitherto given your Tincture fair play, having daily, with little exception, taken my full pint of wine after dinner, and a glass of rum, mixed in a tumbler of water at night. I feel confident, however, that I can, in future, totally abstain from all fermented liquors, if you deem it essential to the effect of the Tincture. I think my appetite is better when I leave off the wine.

I am, dear Sir,

Yours very truly,

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—————, April 2, 1820.

DEAR SIR,

I have been favoured with your obliging letter of the 28th; but before I notice it more particularly, I will finish the account of my late attack of the gout. I wrote to you on Saturday, the 25th; I had then given up the Tincture for three days, and taken the medicine I alluded to. Towards the evening of the 25th my wrist began to pain me; the following day, by way of experiment, I took four glasses of Madeira wine after dinner. At night my arm and wrist again became very much inflamed; little short, indeed, of what they had been at the first of the attack. I took forty minims at night; towards morning the pain diminished, and I continued tolerably easy all day. Monday night I repeated the forty minims, and found myself better on Tuesday morning; at night, forty minims, and found myself much better on Wednesday morning. On Wednesday night, (having been somewhat distressed in the morning, by taking a pretty active dose of medicine,) I took two pills of, I think, one grain of opium, and two or three grains of powder of antimony, and slept delightfully. Found myself much better on Thursday morning, having quite recovered the use of my left elbow, and only a considerable degree of stiffness remaining in my left hand. I have omitted to say, that on the Monday night, I found a large soft swelling\*, as large as a bantam's egg, on

\* A bursal swelling.

my left elbow, which was very sore ; I applied a pretty large blistering plaister to my arm, just *above* the swelling, but not upon it. It rose extremely well, and, I think, diminished the excrescence. It has not yet, however, entirely disappeared. On Thursday night I took forty minims, and was much better on Friday morning. At night, I took five grains of gum guaiacum, and three of antimonial powder. Saturday morning, better ; at night took twenty grains of basilic powder, prepared according to Dr. Reece's recipe. The medicine acted briskly ; and this morning, Sunday, that I am writing, I find myself, I may say, recovered, excepting that I yet feel a good deal of stiffness in my left hand, particularly in the fore finger. Thus much for this fit, which is the most severe I have had for some years, and the very first in which your Tincture has not wholly removed the complaint, after a few doses. Even in this attack, the pain and inflammation were quite reduced in the first thirty-six hours, after taking the Tincture ; insomuch so, that when I was in a quiescent state in bed, I really suffered no pain.

I have omitted to state, that in the first part of this attack, I had a most violent lumbago at the same time ; so violent, indeed, that I could not raise myself in bed without assistance. After the second exhibition of the Tincture, it disappeared, in a wonderful manner ; absolutely, as it were by the force of a magic rod. Last summer, I received the same benefit, and in the same rapid manner,

from the Tincture, in a very severe rheumatic attack in my left shoulder, which extended over the left breast, so that when I drew my breath, the pain excited in those parts was quite intolerable. The relief which I received from the Tincture in both these instances, was really surprising, and exceeded whatever I have always received from it in the attacks of the gout.

I will now return to the subject of your last letter. Rest assured, I am too well convinced of the importance of attending to your directions in regard to temperance, to deviate from them in future; and if you should deem it better for me to abandon even the use of wine entirely, I feel myself quite firm enough to say, I will not drink any more. The quantity of four ounces which you allow, I find, on experiment, is exactly two of my common wine glasses; that quantity, I took yesterday, after dinner, without being sensible of any heating effects from it. About nine years ago, I absolutely gave up wine and all fermented liquors for seven months, drinking nothing during all that time but pure water. I will, however, fairly say, that I did not find my general health the better for it; had I reaped the benefit from the measure which I had anticipated, I most certainly would never have resumed the use of wine. It is true I had not any return of gout during the seven months I gave up wine; but at that time my fits of gout did not come on, except about once in two years. I attribute entirely to the Eau Medicinale,

which I used about one whole year, the frequent recurrence of the gout, to which I am, and have since taking it, been subject.

Now, notwithstanding the very high opinion which I entertain of your Tincture, I cannot help sometimes reflecting, and saying to myself—"When will this end? Will not the powers of my constitution shortly fail, (for I am not far from threescore,) and the Tincture become, I do not mean by *wanton*, but by necessity, recurrence to it, less and less efficacious? And will not the gout then enter triumphant into my whole system, and reduce me, possibly, to a poor helpless cripple?" I feel my whole system is absolutely charged (like an electrical machine) with gouty fluid. The slightest conductor is capable of extracting the sparks from me. Is there no possibility of attempting a radical cure of it with the hope of success,—I mean some course of treatment to be adopted, during the short recesses of the gout, recurring only to the use of your Tincture when the disorder bursts out, (if I may be permitted the expression,) into flame\*?

I have read almost every treatise that has been published on the gout, but the only corollary which I can draw from them is, that temperance is recommended by all. On the nature of the disorder, and the remedy, all essentially differ from each other. Where then is a patient to take his stand? it is im-

\* This is precisely the practice which the Author, at present, recommends in gout. See pages 213—253.



possible to determine. Reasoning, however, from analogy, and judging from the effects which a medicine *has* produced in one disorder, to those it *may* probably produce in another disorder, whose origin may be somewhat similar, I am very much inclined to think, that the exhibition of the corrosive sublimate of mercury, as an alterative, might be beneficial in the gout.

The following is a history of my case:—From the age of about twenty-four to thirty-one, I resided in the island of Madeira; the land, proverbially, of good wine and hospitable living—*nec deficiente Venere*. Young, full of health and spirits, and under no restraint, either as to pecuniary matters, or, in a word, as to any thing else, I very fairly acknowledge that I had not philosophy enough to resist the temptation to indulgence; the article of eating always excepted, for in that respect I was always, and still am, moderate.

After a twelvemonth's residence in the island, I perceived an unusual appearance upon my hands; there arose on my fingers, and on the palms of my hands, small blisters; though I can scarcely call them so, for there was no inflammation, nor any ichor under the epidermis; the skin merely peeled off in small patches, of about one-eighth of an inch: no itching existed. For some time, these patches extended in size, and instead of only the epidermis peeling off, the second layer of the skin also began to peel off, and looked red under, and became sore to the touch: next, in the articulation of the fingers in both hands, there began to appear cracks, resem-

bling the lips of some people which become chapt in the winter-time. The sides, or lips, of these cracks, became as hard almost as horn ; and, on being cut with a pen-knife, or rather shaved, or pared off, the steel rang again, the skin was so hard. I think the blood also appeared at the bottom of the cracks on the joints. Both feet were also affected, and the skin on them ; on the soles, it more particularly peeled off in such quantities, as to make treading on the ground even painful. Under such circumstances, I applied to the physician of the factory. Notwithstanding that excellent Spanish proverb, which says, you should never lie to your physician, I was really ashamed, for several reasons, to detail to Dr. Gordon, so fully as I ought to have done, the cause, as I suspected, of my disorder, so that he remained nearly in the dark as to its nature, and appeared to make light of it. Had I confessed its origin, I should have passed through the whole factory as a person afflicted with leprosy, and my society, of course, would have been loathed. Under these circumstances I was, in a manner, obliged to become my own physician ; and, although I did not fairly consult the Doctor upon my case, I, nevertheless, followed a favourite prescription of his for that disorder. There were to be dissolved six grains of corrosive sublimate of mercury in two ounces of antimonial wine ; thirty drops were to be administered, at night, on going to bed, and the same quantity taken in the morning. The constant use of this

medicine for, I rather think, about six weeks, (at this distance of time I cannot speak with certainty,) wholly overcame the symptoms of my disorder, and, insensibly, my hands recovered their proper appearance, nor had I ever after any return of the complaint. Now, the question I would submit to you is this; the above medicine having proved so efficacious in a disorder, which certainly tainted the whole mass of blood in general, and whose determination was particularly to the joints, might I not reasonably expect some relief from it in gout, which equally pervades the whole system, (at least I conclude so,) and whose attacks are uniformly *arthritic*. Pray turn over this in your mind, and when at leisure, will thank you for your candid opinion of the medicine, (to be used only, I mean, in the intervals of health, or the absence, in other words, of gout.) Excuse the extravagant length of my epistle: it was necessary, perhaps, to detail my case to you at large.

In regard to the request contained in your letter, I have no objection to my letters being published in your next edition, but I have unconquerable objections to my name appearing to them. I have none, however, to your showing the letters, if you think it any advantage to you, to any gentlemen, *bonâ fide* your patients, or inclined to become so. I shrink, however, from *public* notice.

I remain, dear Sir,

Your obliged servant,

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[The Tincture, in the Author's knowledge, has never failed in its desired effects, from long use or frequent repetition, unless improperly administered, or from gout being complicated with other inveterate diseases, or from neglect of regimen.

The leprosy, as well as the gout, is frequently the offspring of free living. The oxymuriate of mercury has been recommended in both these diseases, from a theory of its specific action on the fluids, or from its supposed salutary action on the digestive organs; and some cases, apparently well authenticated, have been related of its use in these complaints; provided, therefore, milder mercurial and aperient medicines should fail of producing the desired effects, this preparation, aided by proper purgatives, may be well deserving a trial, as a preventive, or prophylactic medicine, in cases of *inveterate* gout; but, to avoid mercurial fever or irritation, which it is apt to occasion, it must be used with great caution; and mucilaginous diluents should be freely taken during its use, particularly the decoction of sarsaparilla. It will be also proper to avoid acids, to keep the bowels freely open, and to be particularly careful of cold.]

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Bath, April 17, 1820.

DEAR SIR,

I have to acknowledge the receipt of your obliging favour of the 10th instant. You are perfectly correct in supposing that I communicated to Dr. Reece the anonymous observations which he has

published relative to your Gout Tincture, and the good effects derived from the use of it, in one of the late numbers of the Gazette of Health.

As I first ventured, about four years ago, to take your Tincture, in consequence of the very favourable account given of it in the Gazette of Health, I thought it but justice that I should acquaint him with the great benefit which I had received from having used it. I thought it also right to make that benefit public, for the advantage of others in a situation similar to my own; and, lastly, I considered myself bound in gratitude to you, as the discoverer of the medicine, openly to declare the advantage which I had myself received from it. Such only were the motives of my addressing to Dr. Reece, the communication which you allude to.

I have always much admired the custom which existed in most, if not all, of the Grecian cities, in the infancy of medical knowledge; that when any person had received benefit, either from a particular mode of treating a malady, or by the use of any new remedy; or, in short, had made any discovery of a nature that might be deemed beneficial to his fellow-citizens at large, to communicate the same by writing a full explanation of it in large characters upon a board, and affixing that to the gates of the city, in order that every passer by might profit thereby. Now the Gazette of Health appears to me, in a great measure, to fulfil the object which the ancients had in view, by communicating to the public continually, not only the result of daily increasing medical experience

in the management of diseases, but also well authenticated facts from other sources, relative to the same subject; and might, if medical men would once become liberal enough to adopt the plan, be the vehicle of every improvement in the art of medicine, to a far greater extent than it is at present.

To revert, however, to the observations contained in your last letter, upon my late attack of gout, and its unusually protracted cure by the Tincture. I plead guilty in not having followed your directions, in regard to a very moderate use of wine. The truth really is, that I have, for several years past, uniformly got rid so very readily of every attack of gout, after taking a few doses of your Tincture, that I positively did begin to think, that, like the knights of old romance, I was cased in enchanted armour: that nothing could hurt me; and that, therefore, it was not quite necessary to follow your directions in regard to temperance, to the very letter of them. I have at length, however, discovered my error; and rest assured, that, in future, I shall do more justice to your Tincture, by exactly following the road which you have been kind enough to trace out for me. Independently of not having adhered to your directions, as to the use of wine, I conceived that the unusual severity of the late winter, added to the fatigue which I have undergone, in preparing for my removal from this place to my new residence, have together considerably tended to aggravate my disorder, and to protract its cure. I am willing, however, also to flatter myself, that this very severity, under which I

have suffered so much more than usual, may not only very considerably retard my next attack of gout, but that when it does return, it may come in a milder form.

I have formerly, I believe, had occasion to mention to you the almost wonderful benefit I have several times received from the taking of your Tincture, when attacked with lumbago, which has, however violent, uniformly been removed by it in six and thirty hours at farthest\*.

I remain, dear Sir,

With much esteem,

Your obedient servant,

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P.S. Some little domestic arrangements will prevent my commencing the alterative course of medicine, which you so obligingly have recommended, until about the beginning of May.

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*Letters from Mr. Meyler, of Bath.*

Bath, Sept. 12, 1816.

SIR,

I have this summer had so little of the gout to complain of, that I have not much to say of my own experience of the effects of the Tincture; but in a journey which I lately took in this county, I met with two cases where it had been taken with considerable relief to the patients. One was at Shepton Mallet, the other at Evercreech; and both were of

\* See above, page 395, at bottom.

those pernicious occupations, plumbers and glaziers, and were gratuitously supplied with a bottle each of the Tincture, by Captain Church, of that neighbourhood. They experienced immediate, and as the former informed me, almost miraculous, effects.

I remain, Sir,

Your obedient servant,

WILLIAM MEYLER.

---

Bath, August 29, 1817.

DEAR SIR,

I have had but little gout this summer, though frequent flying remembrances. About a week ago, however, it came on in good earnest in my right elbow, wrist, and hand, which were, as usual, very painful, and much swollen. Having duly prepared myself, I took forty minims, or the third of a bottle, on Tuesday night, and slept tolerably well. In the course of the day I had a few bilious evacuations; and slept soundly the following night. Yesterday morning the swellings and pains were abated, and I threw away my crape sling, &c. I took thirty minims last night. It agreed with me, by producing gentle perspiration and good sleep; and this morning I have been enabled to correct the proofs of the Bath Herald with tolerable ease; and, betwixt the heats of editing, have ventured to address this letter to you.

My dear friend, Mr. Arnold, the greatest sufferer, and the most patient martyr, that ever lived, who has scarcely been a week out of bed this summer, from repeated attacks, was, on Sunday last, reported to me



as having the gout rather alarmingly in his head. He took half a bottle of the Tincture, (sixty minims, a larger dose than usual for him); and Mrs. Arnold informs me, that it again succeeded with him to admiration. Though a sufferer from the gout, occasionally, for twenty years past, I know not what it is to have any pains in my head or stomach. Its rigour has been expended on my feet, ankles, hands, and elbows. My ankles are quite ankylosed, and I have very little motion in my right knee; so I am perfectly debarred from walking, and am obliged to be wheeled from room to room in a chair; and, since I left off riding, my only exercise is in one of those street chairs, universally adopted by invalids in this great hospital for gouty subjects, the city of Bath. Yet, notwithstanding these procrastinated sufferings, my former looks are unimpaired, and my constitution not materially injured. In general, I eat, drink, and sleep comfortably; and, excepting on the approach of a fit, my head is tolerably clear; my age is sixty-one. I never, for years, recovered from a fit so rapidly as now. For weeks, heretofore, my arm has been in a sling, and my fingers fixed.

Admiral Sir Henry Trollope called this week at my library, saying, he was the cripple, doubled, and upon crutches, who bought, last year, Wilson's Tincture of us. He had continued its use ever since, adhering *most rigidly* to your rules of diet, &c. He can now walk twenty miles with ease! I ought to apologize for this long intrusion on your patience; it savours of vanity in me, to shew off my ability in hold-

ing a pen, after so short a release from pain. Pray excuse

Your ever grateful servant,

WILLIAM MEYLER.

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Bath, April 8, 1818.

DEAR SIR,

I have had two gouty attacks during the continuance of the late inclement season, both of which yielded to the effects of your Tincture. I divided the bottle, containing two drachms, into three equal parts, and I have, each time, found two-thirds sufficient to take off the pain and inflammation, and have taken the other third at my leisure. I find an Aperient Pill, taken two or three days after the second dose of the Tincture, very conducive to free the stomach from the nausea that generally attends the close of a gouty fit. The pill that best agrees with me, is one given by a very eminent physician to a suffering neighbour of mine: "Aloetic powder with guaiacum, half a drachm; aloetic pill with myrrh, half a drachm. Divide into twelve pills." I have been generally confined to my apartment since October, the stiffness of my ankles and one knee preventing me from standing up; otherwise, I may be said to enjoy good health, when the fits are off; and their duration is undoubtedly considerably abridged by the effects of your Tincture.

Being so many years notorious as a gouty subject, also being always at home, and ready of access, I am

visited daily by one or more podagrics, eager to learn what has been my experience of your remedy. I have uniformly given the same account as I have stated above; and were my son and myself not known to be medicine venders, my praise would be given in more glowing terms; but I am cautious of over-rating your merits, lest the interest we may feel as venders might make me liable to unfair suspicions.

I remain, Sir,

Your obedient servant,

W. MEYLER.

P.S. I have been induced, in a few instances, to give away some of your Tincture, and could I procure half a dozen bottles unstamped, I might, perhaps, be induced to repeat my liberality. If it be compatible with your rules, to send any out without stamps, I will assure you that they shall not be  
*sold* by

W. M.

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Bath, March 2, 1819.

DEAR SIR,

A gentleman, who has been long a resident in this city, and a great sufferer by gout, has, for eight years past, been in the habit of taking Husson's Remedy, with constant relief from pain, and no visible ill effects to his constitution. For the last three or four months he has been induced to substitute your Tincture for the Eau Medicinale. Their effects upon his disorder are nearly similar, with the exception that your Tincture restores his appetite much sooner than the French medicine. He quits Bath in the

course of a week, with the intention of passing some time in France. The gout is so ingrafted in his constitution, that he has no hopes of ever being clear of its tortures entirely, and the relief which he finds from the Tincture must satisfy him.

As he supposes it will be difficult for him to find a ready supply of the Tincture in Paris\*, he wishes to take a quantity with him, provided you can give him an assurance, that the effects of the Tincture are not likely to be injured by the change of climate.

I know of no instance of its failure in being greatly beneficial to those who have rigidly followed your directions; and I could relate many cases where, with due care, it has been eminently successful. The wife of our first apothecary has been in the habit of taking it occasionally; and having always experienced relief, prevailed on her husband to administer it to her himself, in such portions, and at such times, as he may approve. He never gave her more than fifteen or twenty drops; and he has often assured me, that it acted upon her like a miracle. He does not hesitate to recommend it to his patients, notwithstanding his professional friends and others blame him for his partiality to an advertised medicine.

I remain, dear Sir,

With great respect,

Your obedient servant,

W. MEYLER.

\* It is now to be had at Bertrand's, No. 36, Palais-Royal, Paris.

Bath, October 17, 1820.

MY DEAR SIR,

I am happy to inform you, that Mr. Webbe Weston has found, I am told, and still continues to find, incalculable benefit from the use of the Tincture. My neighbour, Mr. Sloper, certainly the first practitioner in Bath, as a successful apothecary, so highly approves of the Tincture, that he never fails to recommend it to his patients; and Mrs. Sloper has repeatedly proved its efficacy. She says that she owes her existence to Dr. Wilson.

I shall have some difficulty in stating my own case. I never had a fit of the gout since I knew you, but I found instant relief from your medicine; so that, for nearly two years, I have scarcely known what gout was; though for thirty years before, I seldom had less than two or three severe fits in the year. A violent cough, which came on whilst attending some public business, on a very cold day, in our hall, in the spring of 1819, afflicted me through the last tremendous winter; nor did it leave me till last May, when I found that I had exchanged my gout, and subsequent sound repose, for tormenting asthma and disturbed nights. My habit is reduced from corpulency to a very meagre state indeed. I am not in want of good medical advisers, and they console me with my always possessing a good regular pulse, and eating my frugal meals with an appetite; but I frequently rise from my pillow, when sleep has been hardly experienced. It is hinted, that I am thus suffering

from my indulging in favourite medicines ; but I think, that I have always suffered gout to expend its rigour before I had recourse to them. For the last five years I have not touched any but yours, and that with the leave, and under the guidance, of some medical friend.

I remain, Sir,

Your very obedient servant,

W. MEYLER.

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*Extracts of Letters from the Honourable and Reverend  
C. Strangways.*

Maiden Newton, Nov. 2, 1816.

SIR,

Since I wrote my last letter to you, I have had a very severe attack of the gout, which was cured immediately by taking half a bottle of your Tincture. As there was nothing particularly worth mentioning, except the rapidity of my recovery, I forbear describing the circumstances attending it.

I remain, Sir,

Your obliged humble servant,

C. STRANGWAYS.

P.S. I took half a bottle of your Tincture on the night of the 31st of March ; all pain was gone before the morning ; I was out in three days, and have had no return since.

As the Tincture is in high credit in this neighbourhood, and has succeeded in every instance, I

shall certainly continue to take it, and recommend it to others. But I beg to know, whether it can be safely taken during a cold, and while expectoration proceeds from the lungs\*.

---

Melbury, near Sherborne, Dorset,  
October 28, 1817.

SIR,

On a late visit to Bath I called at Mr. Meyler's, and found your Treatise left there for me; you are entitled to my best thanks for it, as it has afforded me much useful information.

I am not quite certain whether you intend that the patient shall confine himself to the house, or to a more parsimonious diet than usual, while taking the Tincture as an alterative; or whether the patient should abstain from animal food more than for two days, while taking the regular doses, provided the appetite returns, and the patient is inclined for food of that sort. I believe the Tincture to be the best discovery ever made, and I am very anxious to take it exactly as you intend it should be; have, therefore, troubled you with these two questions, for which I beg to apologize, knowing how valuable your time is, and thinking that the questions to you may appear trifling.

I remain, Sir,

Your obedient and humble servant,

C. STRANGWAYS.

\* See page 378, for an answer to this question.

P.S. I hear every one speaking in approbation of your Tincture, and (what seldom happens even to perfection itself,) I have never heard one word said against it.

[As long as the symptoms of gout require full doses of the Tincture, so long should animal food be avoided, excepting where the tone of the stomach is very weak, when a small quantity of animal food may be taken, but while the Tincture is resorted to in small or alterative doses, or when the Alterative Aperient Pills are taken, no particular restrictions are required.]

---

Melbury, near Sherborne, Dorset,  
July 20, 1818.

SIR,

I trouble you with this to inform you, that I continued taking the blue pill, in doses of five grains every other night, according to your direction, for a month, and think they did me much good.

I intend taking the blue pill once or twice a week again, for a short time. I have had no gout since I saw you.

I remain, your obliged,

C. STRANGWAYS.

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*Copies of Letters relating to the Case of the late Lord Stawell.*

[The following account was written to the Author, by Mr. Oke, his Lordship's Surgeon:]

Marelands, near Farnham, Surrey,  
Dec. 26, 1816.

SIR,

Lord Stawell, being afflicted with the gout in his hand, requests me to say, that he has taken your gout medicine for some time past, with the best success ; but as the last dose, increased from forty to fifty drops, has failed, in some degree, of its usual effects, he thinks the last supply, which was procured at Newmarket, was kept too long ; he, therefore, requests you will send him four bottles.

I am, Sir,

Your obedient servant,

W. S. OKE.

Lower Grosvenor-Place, London,  
July 31, 1817.

DEAR SIR,

Finding my fingers disposed to get worse, I determined, a few days since, to have recourse again to your original prescription, (the blue pill and alterative doses of your Tincture.)

I have now gone on ten days, and I find already that

my joints are better. I took *forty* drops of the gout medicine two days before I began the present course. I intend to proceed according to your direction, about a month or five weeks. September is, in general, a gouty time with me, from the middle of it to about the middle of October; in short, to the first approach of winter. If I can avoid any gout, or fresh chalk forming, it will be a sufficient proof of the good effects of the treatment, which I can resume at any future period.

I have the honour to be,

Yours, &c. &c.,

STAWELL.

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*Copy of a Letter from John Brown, Esq., Fleet-street,  
London.*

No. 2, Fleet-street, Dec. 30, 1816.

SIR,

Being of late years much afflicted with the gout, a friend of mine sent your Treatise to me for perusal; and about the same time I happened to dine in company with Dr. Beales, mentioned by you in the case of Sir Patrick Blake, who spoke of your medicine in the most favourable manner; but, as I have not received *all* the benefit from it which I expected, I beg leave to lay my case before you for advice. Last October twelvemonths I had a lingering fit of rheumatic gout, which left behind it great weakness in the knees and ankles, particularly in the latter, which prevents my taking that air and exercise which I was ac-

customed to enjoy. Whenever I find any symptoms of the gout fixing itself in the foot, I have taken about one third of a bottle (*forty minims*) of your Tincture, and have invariably found it drive off the attack, though it seems not to prevent its return.

I have only to add, that I am about fifty years of age, and am very temperate in my habits. Your reply will much oblige,

Sir,

Your obedient humble servant,

JOHN BROWN.

[The Author recommended, as the best preventive of returns, an alterative course of the Tincture, combined with Aperients.—See also pp. 152 and 153.]

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*Extract of a Letter from W. A. Maddocks, Esq., M.P.*

Albemarle-street, London, Jan., 31, 1817.

SIR,

\* \* \* \* \* Give me leave to ask if you have determined on any means of preserving the purity of your Tincture, in case any unfortunate accident were to happen to you. It has proved so efficacious in several instances which I know, that I feel anxious for mankind so invaluable a secret should not be lost. \* \*

I am, Sir,

Your obedient servant,

W. A. MADDOCKS.

*Extract of a Letter from Thomas Clement, Esq., Alton,  
Hants.*

Alton, Feb. 3, 1817.

SIR,

I am at present much annoyed by fits of the gout, which were formerly of long continuance. I have used the Eau Medicinale D'Husson for five or six years, and it has always relieved me, and made the paroxysms very short, but they have returned again on any new excitement by cold, over-exercise, &c. The Eau Medicinale has relieved the pain and inflammation, *but my nerves have been affected by lowness and depression of spirits, after the fit has left me.* Lord Stawell recommended your medicine; he gave me a bottle of it, and I found great benefit from its use, as it produced composure of the nerves, perspiration, quiet sleep, and I awoke refreshed. The perspiration continued all night, next day, and next night, and then I was apparently well, and my spirits good. It may be proper to inform you, that I am sixty years of age, and have had the gout at intervals for thirty years.

I am, &c,

THOMAS CLEMENT.

*Extract of a Letter from the Hon. H. T. R. Stanhope,  
May-fair, London.*

Curzon-street, May-fair, May 20, 1817.

SIR,

I will thank you to call on me any morning this week that may suit your convenience. I am con-

fined to my house by gout. I have occasionally taken your medicine with much success. I took the Eau Medicinale for some years with considerably less advantage. My case is referred to in Dr. Jones's Treatise, which I dare say you have read.

I remain, Sir,

Your humble servant,

H. T. R. STANHOPE.

*Extract of a Letter from the Earl of Essex.*

Cashiobury, May 25, 1817.

SIR,

It is only within these two days that I have heard of your being in town; as I have frequently made use of your gout medicine with the greatest effect, I have the most implicit faith in the same. I should be very happy if I could have a few minutes' conversation with you on the subject.

I am, Sir,

Your obedient servant,

ESSEX.

*Copy of a Letter from T. Wales, Esq., Surgeon, Downham, Norfolk.*

Downham, June 2, 1817.

DEAR SIR,

Since I had the pleasure of seeing you, my son has had several opportunities of trying the effect

of your Tincture, in cases of acute rheumatism, chiefly among the lower orders. The relief following its exhibition has been most decided, scarcely an instance having occurred in our practice in which the most extraordinary and almost instantaneous relief has not been experienced. The favourable opinion which I gave you, when last at Yoxford, on the subject of this valuable medicine, is now fully confirmed, and I have felt it my duty, to speak of it in that light, to all the medical men with whom I am acquainted.

We have had but few cases of gout, in which we have had fair opportunities of administering the Tincture ; but I am convinced, from those we have seen, that we shall not be disappointed in our expectation.

The principal reason of my writing is, to request you will send some immediately to Mr. Webb, surgeon, No. 33, Coventry-street, London, as he is very desirous of giving it in his own practice.

I am, dear Sir,

Your obedient servant,

T. WALES.

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*Copies of Letters from J. Griffiths, Esq. of Belvidere, near  
Christ-church, Hants.*

London, 72, Baker-street,

4th June, 1817.

SIR,

Having been in the habit of taking your medicine for the gout, which was recommended to me by

Mr. Meyler, of Bath, in December last, and which I have the pleasure to add, gave me then and since, immediate relief, I am very desirous of availing myself of your being in London for such further advice as you may think necessary to give me, and request the favour of a visit any time which shall be most convenient to yourself.

I have the honour to be,

Sir,

Your most obedient servant,

J. GRIFFITHS.

---

Belvidere-house, near Christ-church,  
Oct. 25, 1817.

DEAR SIR,

On my return from Paris, a few days ago, I had the pleasure to find your kind note, and the bottle of your Tincture, for which attention I beg to return you my best thanks.

I have the pleasure to inform you, that my health has been much improved by the tour to the continent. Except a trifling attack or two in the elbow, I have been very free from gout, in a great measure owing, I imagine, to the very fine weather and climate of France, with the light French wines and food. I was at first rather afraid of drinking claret, and got some sherry and madeira, but found them much too heating.

I have been so much better on my legs, that it is truly provoking to add that, in consequence of an accidental fall from a race-stand, with a great many

other gentlemen, last week, I am now confined with the gout in my knee, where I suffer most, but one bottle of the Tincture has nearly removed it.

Your medicine is certainly getting into more general use, and I fail not to recommend it upon all proper occasions; but I lament exceedingly, that there are now so many specifics advertised for the gout, that yours, which I believe to have so much merit, has to struggle against so many undeserving competitors.

I remain, my dear Sir,

Yours very truly and obliged,

J. GRIFFITHS.

---

27, Somerset-street, Portman-square,  
March 30, 1818.

DEAR SIR,

This moist climate is, indeed, very inimical to arthritics, and I have not been spared repeated attacks in the limbs, since my return from France, but which I completely subdue in a very short time, by the never-failing efficacy of your medicine. I attribute these frequent returns entirely to the humidity of the atmosphere, and in some degree to my not being always so abstemious as I should be, owing to my confidence in the remedy. I now seldom exceed twenty-five or thirty minims at first, and decrease that quantity every twenty-four hours. I find the above mode equally efficacious as the use of larger doses, and I do not experience any inconvenience or disturbance whatever.



If you should not be in town soon, I shall be very thankful for a further supply ; the same as the last, as I think it far preferable to what I can get here, but I hope I shall not leave London without seeing you.

I remain, my dear Sir,

Yours very truly,

J. GRIFFITHS.

---

Belvidere-house, near Christ-church,  
Hants, July 8, 1818.

DEAR SIR,

I have the pleasure of saying, that I have been pretty free from gout since my return, and find the blue pill an excellent medicine ; but having been obliged to dine out frequently of late, and with company at home, I have not refrained so much as I ought to do from French wines, &c., and am now writing with a more severe gout than I have experienced for some time, with considerable pain and inflammation in my foot ; but last night and the night before, I have taken 55 minims, and already feel the benefit, which I think has been more decided from a dose of salts and magnesia, taken yesterday ; but I still feel considerable gouty sensations in the hand and foot, though I think they are going off.

I remain, my dear Sir,

Yours very truly and obliged,

J. GRIFFITHS.

---

23, Manchester-street, Manchester square,  
London, April 24, 1819.

DEAR SIR,

I have been sadly annoyed since I last saw you, but not very seriously, as I generally overcome the paroxysm by recourse to your medicine. Since I have been in London the gout has assailed me in both feet, both hands, and both wrists, and in these latter places I found it more difficult to dislodge it, but I have effected it at last, and find the blue pill a good auxiliary, though I rather think so much medicine considerably weakens me. I think gout is very prevalent this spring.

I have some idea of trying change of air on the continent, and I shall be thankful for any recommendation in respect to the treatment I should pursue in that case, particularly recollecting that a good deal of fever comes on in any serious attack with me.

I remain, my dear Sir,

Yours very faithfully,

J. GRIFFITHS.

[The patient was directed to take ten drops of the Tincture, and two or three of the following Alterative Aperient Pills, on alternate nights, during the period of convalescence, or in the intervals of the paroxysms, in order to prevent their frequent returns:—

R Pulv. Aloes Compos., ℥iv;  
 Pilulæ Hydrarg., ʒss;  
 Sapon. Hispan., ℥j;  
 Pulv. Antimon.;  
 — Cambogiæ. āā gr. v;  
 Tinct. Aloes, q. s. ut fiant pilulæ, No. xxx, æquales.]

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Pall-Mall, April 16, 1821.

MY DEAR SIR,

Having lately met with Sir Everard Home at the Royal Society, we had a good deal of conversation on the subject of gout, and, at his suggestion, I have been trying the Vin. Colchici, as prepared by his chymist. He has published three strong cases on gout in his last medical work on Strictures, &c. His own case, that of Sir Joseph Banks, and another, I have read, and I think them well worthy of observation. The effect of the Vinum Colchici on myself, I do not think answered at all so well as yours, though it somewhat quieted the paroxysms; but within this week, having had a severe return, I have again had recourse to your Tincture.

Perhaps I have been over cautious in the use of your medicine, beginning with only 25 or 30 minims. I should like to hear your sentiments upon that point, and whether, in your opinion, it would not be best to take 40 minims or 45 on an attack, and at what intervals it would be best to repeat it. I have been much annoyed in my feet and hands since I have

been in town, but my general health is otherwise much improved.

I should be glad to receive from you three bottles, directed to No. 43, Pall-Mall, with any observations which you can favour me with ; and remain,

My dear Sir,

Yours very truly,

J. GRIFFITHS.

[Mr. G. was advised to take the Tincture in somewhat larger doses, not exceeding forty minims ; to continue the Alterative Aperient Pills ; and to observe a well-regulated regimen.]

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Belvidere, May 18, 1821.

MY DEAR SIR,

I have made up my mind to abide by your medicine, which I find to agree with me better than the Vinum Colchici ; indeed, I only tried it in consequence of a conversation with Sir Everard Home, but I could not find, that the fit was subdued in eight hours, as his book implies. It is very lamentable to us sufferers in gout, that none of the medicines for this disorder have any permanent effect. I generally begin with too small a quantity of your Tincture, by taking only thirty or thirty-five minims. Your medicine is not attended with any violent effect with me ; sometimes a little nausea, rather, I think, diuretic, and

occasionally one or two loose motions. I take it three times, in order to subdue the paroxysm—two nights successively, and allow one to intervene between the second and third dose of the medicine.

The pills of your last prescription agree particularly well with me, causing one fair open motion, and no inconvenience. I have generally had recourse to one or two only, three or four times a week, and I can get them well made up here.

Your note seems to imply, that I rather indulge in the exciting causes of this painful complaint, which is not the case. I live upon plain food, fish, meat, and poultry, (no soups nor made dishes,) and I drink two half glasses of sherry, and a tumbler of weak brandy and water at dinner, and two half glasses of sherry after dinner, as my usual habit; tea in the evening, and nothing after. I do not think this admits of much alteration, and yet I find the gout attended with great pain, and considerable degree of fever and bile, which latter I correct by a little magnesia.

I am very sorry, that I cannot remain in town to see you, but trust you will favour me with a few lines; and remain,

Dear Sir,

Yours very truly,

J. GRIFFITHS.

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*Copies of Letters from Lady Arden, and the Hon. Edward Perceval, relating to the indisposition of the latter.*

St. James's-place, July 10, 1817.

SIR,

A son of mine, aged 22 years, who has been from a child subject to attacks of acute rheumatism, was seized with a return of the complaint, after a lapse of seven years, on the 18th of last month. The disorder became, in the course of two or three days, extremely violent, affecting the whole person with pain, while his feet and hands became swelled to a considerable size, with great redness and inflammation; in a word, he became quite helpless, in the fullest extent of the word, and could get no rest whatever. Under these circumstances, the usual routine of medicine was used in vain; his perspiration was excessive, but produced no relief, and his pulse was upwards of ninety.

On the 28th of June, it was thought advisable to give him half a bottle (sixty minims) of your Tincture, which acted most powerfully on his bowels, and also by perspiration. This reduced his pulse very much.

On the following day, he was advised to take ten drops, in a saline and camphor mixture, every six hours, and at night 15 drops in the same mixture. His disease gave way immediately, and his pulse was reduced to between 40 and 50, with great languor, in which state he has continued ever since, complaining at times of wandering pains in his limbs.

I should observe, that, for the last three days, he has been allowed to eat some chicken, with a glass of wine, and some light pudding, for his dinner. This morning his pulse is at 50, but there is a decided renewal of inflammation in his right hand, and he is generally indisposed. I write this statement at my own suggestion, having told our apothecary, that I would ask your advice. I shall be much obliged to you to direct your answer to my son, the *Hon. Edward Perceval*, at *Lord Arden's*, St. James's-place, London.

I am, Sir,

Your humble servant,

M. E. ARDEN.

[I recommended a gentle course of the Tincture, with alternate doses of purgatives, to be continued until all inflammation had subsided. The effect of the Tincture on the pulse is according to a principle in the animal economy—the sudden removal of arterial excitement, from any cause whatever, being generally followed by a direct opposite state of the system, or what, by medical men, is termed a state of collapse.]

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*The following Letter was written by Mr. Perceval himself, being a few days after in a convalescent state.*

St. James's-place, July 21, 1817.

SIR,

As I take my leave of your medicine to-day, I think it a proper opportunity to thank you for the

very obliging information derived from your letters. Indeed, I have hardly had an opportunity of doing this before to-day for gouty reasons, but for the last two days my hands have recovered their use entirely, and I get my health and strength very fast. Should I again suffer under this severe complaint, I shall have no hesitation in returning to the same remedy, from which I have derived so much benefit.

I am, Sir,

Your very obedient servant,

EDWARD PERCEVAL.

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*Copy of a Letter from Captain Baird, of the 3d Regiment of Guards, regarding the case of his Father, Mr. Baird, of Newbyth.*

London, July 17, 1817.

SIR,

I hope you will excuse the liberty which I take in addressing you, for the purpose of asking your advice upon a case of the gout. My father, Mr. Baird, of Newbyth, was attacked with a severe fit, nearly five months ago, which I believe has not yet totally left him. He, several times during that period, took the Eau Medicinale, which had only the effect of removing it for a short time, as it always returned. About a fortnight ago I sent him ten bottles of your medicine, one of which he has taken with great effect, for I believe he is now able to walk about. He wishes me, however, to state his case fully to you, namely, that



he has always been subject to the gout, which he has by hereditary right, all his ancestors having been very subject to it ; and that he had it more frequently when a much younger man. What he wishes to know from you, is, whether you would advise him to stop the gout at all times with your medicine, or to allow a fit to come on once in two or three years ; he also wishes your opinion how he ought to live, both as to meat and drink \*. It may be necessary to tell you, that my father is about sixty years of age, and, when able, is always in the habit of taking a great deal of exercise on horseback. He writes in raptures of your medicine, and says he will recommend it to all his gouty friends.

I have the honour to be, Sir,

Your most obedient servant,

DAVID BAIRD.

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*Copy of a Letter from James Grigg, Esq., Parbrook,  
near Portsmouth, Hants.*

Parbrook, August 9, 1817.

SIR,

I am much afflicted with the gout, and having, with success, taken two bottles of your Tincture for that disease,—to avoid getting a spurious and injurious substitute, as is sometimes sold by the vendors of medicines, instead of the real, I am induced

\* See pages 145—147 ; and 231—235, of this Treatise.

to write to you personally, to request you will, on the receipt of this, send me five bottles.

I am, Sir,

Your very obedient servant,

JAMES GRIGG.

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*Copy of a Note from General Sir B. Tarleton.*

Grimsthorpe Castle, Bourn, Lincolnshire,  
August 23, 1818.

General Sir Banastre Tarleton presents his compliments to Dr. Wilson, and acquaints him, that many of his friends have recommended the Gout Tincture, composed at Yoxford. After severe sufferings by the gout, and after expending on it nearly four hundred bottles of Husson, within the last eight years, the General has recently made use of Dr. Wilson's remedy, from which he certainly has gained considerably upon his very formidable enemy.

But in the purchase of the medicine in London, he has discovered a spurious, or, perhaps, *an injured*, bottle of the Tincture.

For this cause the General requests Dr. Wilson to transmit a dozen bottles to his house, No. 29, Berkeley-square, London.

With the assurance of taking it genuine, the General will use the Tincture with more confidence, which Dr. Wilson will allow to be a feeling, beneficial to the recovery of health.

*Copy of a Letter from the Right Honourable W. S.  
Bourne, M.P.*

London, 16, Bolton-Street,  
Feb. 3, 1818.

SIR,

I have, within these few days, cured myself of an incipient fit of the gout, by taking, on the first night, thirty-five minims; on the second, forty; and on the fourth, thirty, of your Tincture, and have been since enabled to come here, and walk about the town as well as ever I did in my life. But I feel sometimes, particularly when I awake in the morning, low and nervous; and I should say, that my animal spirits were not *quite* so good as usual. I was, indeed, troubled early in the morning with acidity and flatulency, to which I have been subject; but this I have removed by a very small quantity of magnesia on going to bed. But I still feel, I think, as if my stomach wanted a little strengthening. I have resumed my ordinary mode of living, in which I am very temperate, both as to quality and quantity. Taking, perhaps, about a quarter of a pint of Sherry, supposing that wine to produce the least acidity. Though I have not much, therefore, to complain of, yet as I am very anxious to do your medicine justice, I would rather do any thing under your directions than those of any other person.

I remain, Sir,

Your faithful humble servant,

W. STURGES BOURNE.

[The following alterative and tonic medicines were directed to be taken for a few days :—

R Pilul. Hydrarg, ℥ss,

Fiant Pilulæ, vi ; sumat pilulam unam alternis noctibus.

R Infus. Aurant. Compos., ℥vij ;

Tinct. Gentian. Comp. ;

— Cardamom. Comp. āā ℥ss ;

Sodæ exsiccatae, ℥j,

M. fiat mistura ; sumat partem sextam bis vel ter quotidie.]

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*Copy of a Letter from the Earl of Newburgh, Brighton,  
Sussex.*

Brighton, July 3, 1818.

SIR,

It is but an act of common justice in me, to offer you my best thanks for the relief which I have experienced by taking your Tincture for the Gout. I have been a severe sufferer many years, as you may suppose, when I inform you, I have not been able to walk these seven or eight years, or, I believe longer. I was taken ill here, the last summer, about the second week in June, with the gout and rheumatism, (for I think both were combined,) and with very little exception, I was never able to get out till the end of September.

It is rather singular, that I should not have heard of your medicine, till Dr. Tierney mentioned it to Lady Newburgh, on his return from town to this place, during the latter month, saying to her, that he

was concerned to hear of the long and severe attacks which I had undergone ; also having given the medicine to several persons with success, and knowing me well, from having attended me the two preceding winters, he would recommend me to try it, if I did not otherwise recover.

Finding myself nearly as ill on the 27th of September as I had been all along, my left wrist swelled and in great pain, one knee and foot also in pain, and my head and stomach much oppressed, I retired immediately after dinner to bed, and sent to Dr. Tierney, who procured your medicine, and gave me forty minims. It so happened, that I had asked some company to dinner the next day, and it is no less true than extraordinary, that (rather against the wish of Dr. Tierney, I must acknowledge) I was able to come down and enjoy their company, and could have eaten as hearty a meal as they did, if I had been permitted so to do.

The effect produced by your Tincture was a most comfortable night's rest ; a little perspiration, principally in the feet ; with an increased flow of urine ; while the bowels were acted on very mildly. I was directed by Dr. Tierney to take thirty minims the following night, and twenty-five the night but one after that. In short, the cure seemed performed almost at once ; for, in four or five days, I was able to go out in a Bath wheeling chair, and enjoy myself in a way which I had not done for some months.

I had a slight return of pain in one arm about a fortnight after, but application to the medicine for two

nights, thirty and twenty-five minims I think, quite removed it again. Since that time, I have been able to ride every day, and have enjoyed better health altogether, than I have for many years. I have to add, that, on Saturday last, I had the gout severely in the upper joint of the little finger of the right hand, with so much pain and inflammation as to be unable to eat my soup with my spoon in that hand. I had recourse to forty minims of your Tincture; on the following day it was much relieved, and on the Monday it was quite removed.

Exclusive of this testimony of Dr. Tierney's, (which I have his permission to mention for your satisfaction,) Mr. Battcocks, surgeon, here, who has attended me several years, was witness, together with my own family, of the singular efficacy of your medicine in my case, and which it is, as I have before observed, only fair and reasonable in me to record. Mr. Bond, a very celebrated surgeon here, also has allowed me to say that he has given your Tincture with the *most complete success*.

You will excuse my returning once more to myself; it is only to remark, that I am afraid my limbs are too far crippled to allow me to entertain hopes of walking again; but, at all events, I should be glad to have an opportunity of shewing myself to you, that you might judge of the *possibility* of what I might hope for; and I beg you to be assured, that I should have particular pleasure in personally acknowledging my obligations to you for the benefit I have received.

My age is fifty-five, my constitution naturally good ; but, as I have described above, I have been most severely handled. If, at your leisure, you could oblige me with a few lines, and with any particular directions for the preservation of my present state of health, you would confer an additional favour on

Your grateful, and much obliged, servant,  
NEWBURGH.

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*Copies of Letters from Dr. Straghan, Bath.*

No. 5, Duke-Street, South Parade, Bath,  
January 16, 1818.

SIR,

I am sixty years of age, and have been violently afflicted with the gout for the last thirty years. It has taken away the use of my legs for the last twelve years, so that I cannot stand even upon crutches. I have lately come here from the West Indies, to try the warm baths, and your Tincture being so highly recommended, I wish to give it a fair trial. I took thirty-one bottles of the French medicine, without being sensible of the least benefit. I am an old medical man, and have been in the King's service since the year 1780, and am now an Inspector of Hospitals. The warm baths I have used sixty-three times, but have not, as yet, experienced any benefit, in respect to the use of my legs. I have had three attacks of gout since my arrival, the first in June, the second in October, and the third in January. The one in

October was most violent. I have only heard of your medicine lately, and have only taken one bottle, which I bought of Knight and Davies, and conceive it was of use to me during a paroxysm of gout. Your book I have read. I have to observe, that all my family have been afflicted with gout. My grandfather, father, and brother, lost the use of their legs many years before their death. I have a most excellent constitution, and it has never been injured, but by that most deplorable malady, the gout.

I am, Sir,

Your obedient servant,

W. G. STRAGHAN.

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Bath, 26, Stanhope-street,  
April 3, 1819.

SIR,

I beg the favour of you to send me some more of your Gout Tincture. The last which you sent, in January, 1818, I have taken, and, I think, with very good effect, not having had a severe fit of gout for the year; having had recourse to it, agreeably to your directions, on the first approach of the paroxysm.

But, unfortunately, a Mr. Emery, in Milsom-street, died the day after taking sixty drops of your Tincture, and it was rumoured all over Bath, that Dr. Wilson's Tincture had killed Mr. Emery. Several of my friends, and among them two physicians of Bath, immediately called on me, to advise



me not to take any more of the Tincture, as it had killed two or three persons in Bath\*!!!

Unluckily, I was at the very time attacked with symptoms of the gout, and was so terrified at the news, that I omitted to take forty drops, which I had been accustomed to do; the paroxysm increased, and I never had a more severe fit of gout in my life; it confined me to my bed and chamber ten weeks.

After suffering great torture for many weeks, I reasoned with myself, that it could not have been the Tincture which killed Mr. Emery; and, therefore, sent to Mr. Meyler's for a bottle, forty drops of which I immediately took, and in six hours after, I found my pains very much relieved. If my bowels are not moved, after taking the medicine eight hours, I always have recourse to some aperient; you recommend to wait twelve or fourteen hours, but I never wait so long. I have every reason to believe great injustice is done to your Tincture; I have no doubt it is often taken on a full stomach, and when the intestines are much constipated. Mrs. Straghan is so confident of its good effects on me, that she is always anxious for me to take it as soon as possible after the gouty symptoms appear. I bought several bottles, which I sent to a friend in Barbadoes, who is very subject to the gout. I send you an extract of his letter:—"I sincerely thank you for Dr. Wilson's Gout Tincture, by Mrs. Cummins, and I am happy

\* This puts me in mind of the story of the Three Black Crows.—AUTHOR.

to tell you, that I have taken three doses, of twenty-five drops each, night after night, which had the happiest effect in keeping off an attack of gout, so that I could, each morning, go below, and am now quite well. I shall continue to take it whenever I have gouty symptoms, as it has unquestionably had its effect with me." I write to you in the most confidential manner, assuring you, upon the word of an honest man, that any communication which you make to me will never be divulged. I, therefore, beg the favour of you to tell me, if I can continue to take the medicine with safety. I have a very large family, consequently my death would be severely felt by them; and, I believe, there are few instances of medical men saving much money. I have been in the King's service near thirty-nine years, and am now receiving the half pay of Inspector of Hospitals; at my death that, of course, will cease. I find only temporary advantage from the warm baths, having used them one hundred and twenty-five times. My lameness is not at all better, but rather worse, I can not stand, even upon crutches; I, therefore, intend to return to Barbadoes in October, which, I think, a much more favourable climate for gout than England; if I can do you any service there, I shall be extremely happy to do so.

I am, Sir,

Your obedient servant,

W. G. STRAGHAN.

[I pledged my professional reputation, that the

Tincture was perfectly safe in regard to its immediate and *remote* effects. Mr. Emery was a West Indian, who had long indulged in the luxuries of good living, and had acquired a broken constitution. What proved fatal to him was an erysipelas in one of the lower extremities, terminating, (as is always to be dreaded in depraved habits), in mortification and death. The Tincture was recommended by Colonel Madden, from the disease being supposed to be gout, but it was used only in very small doses, and no sensible effects whatever followed its exhibition. It was a fair opportunity, however, for the medical attendants, (and they profited by it,) of attributing, with their accustomed liberality, the consequences of the disorder to the deleterious power of the Tincture.

On farther inquiry, I ascertained that one of these persons, mentioned as having died from the use of the Tincture, was the late Mr. Joshua Uthoff, who died of chronic gout; was always averse to any interference in the gout; and who, to my certain knowledge, never took the Tincture at all. His brother, the Reverend Henry Uthoff, of Huntingfield, in Suffolk, who is my patient, will speak to the truth of this.]

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*Copies of Letters from Col. Sturt, 69th Regiment of Foot.*

Bracknell, Windsor Forest,  
January 20, 1818.

SIR,

Amongst the unhappy correspondence, which your professional avocations induce, I believe the complicated misery of my own state, if perfectly described, would be regarded pre-eminently wretched; I will not enter into a tedious narration.

During the prevalence of the rainy season, it fell to my lot to be engaged in pursuing the refractory natives of the mountainous regions of Malabar. Great fatigue, and continual exposure to the inclemencies of the monsoon, were unavoidable, and it frequently happened that I was detached on duty over such impervious jungles and mountainous districts, that the cover of the forest tree was the only shelter available during cold, rainy, and tempestuous nights, and the marshy ground and decaying leaves formed the bed on which my limbs reposed. At this period (about twelve years since,) I commanded the grenadier company of the 80th regt., and was as robust and as capable of enduring fatigue as any man in its ranks. I had experienced gout previously, but the fits were of short duration, and recovery soon induced oblivion of the acute pain, or at least indifference and inattention to it. On the conclusion of the campaign against these mountaineers, the regiment returned to quarters, in

which I hardly had established myself, when I was attacked by a complaint, in which both the highest fury of gout and rheumatism were combined. Successive days and nights throughout seven weeks were passed in agony, which language never can be so perfectly constituted as to describe. At the termination of that time the disease abated, and it left me a most dreadful spectacle. I regained my strength very slowly; my limbs seemed disjointed, and never recovered the injury, so as to resume their former activity. Every following year the same disorder returned with more or less violence; I left off the habit of drinking wine, and absolutely confined myself to pure water for upwards of two years. I cannot say that I derived the smallest benefit from this abstinence. I was equally moderate in my diet.

I took the Eau Medicinale d'Husson; its operation was exceedingly salutary, and so continued several years. I seldom found my disorder obstinate, when I had this medicine at hand to bear upon it. However, it sickened me, though I cannot charge against it any positive injury. It created an invincible disgust. On my return to England, after twenty years' absence in India, I was recommended to take your medicine. I have experienced great benefit from it; it has never failed in removing the fit. It, however, as obstinately recurs; so that, although I have been only six months resident in this country, I have taken ten bottles. I am in the habit of taking a spoonful of magnesia every night, and half a small tea-spoonful of soda every morn-

ing ; I never drink wine or spirits, small beer is my only beverage, and in my diet I am equally abstemious. Yet the gout and rheumatism frequently attack seven or ten joints at a time ; I have been powerfully assailed in seventeen distinct, unconnected joints at one time, and, without exaggeration, imagine that these several parts kept time in agony as ringing round the peals.

I am about to return to India, and should feel obliged if you would favour me with the Tincture to the amount of ten guineas ; and, if you please, deposited in two bottles with glass stoppers. The medicine, in its present receptacle, would be exhausted by the heat, an inconvenience to which all the Eau Medicinale which I procured in India demonstrated, a quarter of the original quantity being the only residuum. Sanger, of the medicine warehouse in Oxford-street, recommended me to try your discovery, and I have every reason to be grateful. If you would direct the medicine to be left at this depôt, directed to me, I will call there on my visiting London.

I have also deemed it more discreet to communicate with you, as perhaps some modification of the medicine may render it better adapted for excessive heat. I have long since given over consulting the physician, under the idea that nothing can be done which I am not already aware of, and have not already pursued. Should you, however, be of opinion that your advice may alleviate, I am convinced you will not withhold it, assured of my receiving it most

gratefully and respectfully. I am in possession of your Treatise.

I remain, Sir,

with full consideration,

Your obliged servant,

ASHLEY STURT.

---

Ship Cornwallis, off Teneriffe,  
April 17, 1818.

DEAR SIR,

I felt extremely obliged by your intelligent instructions communicated by letter. I am sorry to inform you, one of the bottles of Tincture is broken; the bottle is not strong enough to encounter the hazards of a ship, and should be secured in a small deal case, which if you will direct to be done in future, I shall deem myself much obliged.

From an awkward mistake last week, I swallowed at one dose three bottles at least of the Tincture, or 240 minims. It affected me very violently, more in the stomach than in the intestines, but considerably in both, inducing much debility. It was three days before I pacified my stomach, by drinking spiced wine. I shall take good heed to the quantity in future, and trust no hand but my own.

Believe me, dear Sir,

Your very obliged servant,

A. STURT.

[This case proves the milder nature of the Tincture compared with other gout remedies, the patient having taken at least six full doses of the medicine at one time, and yet no permanently ill effects ensued. Every one will agree with me, that less than six full doses of Eau Medicinale, taken at one time, will destroy life in a few hours. The quantity of six full doses of the Tincture of Colchicum proved fatal in a case, by mistake of the nurse, in St. George's Hospital; and less than six full doses of Reynold's Gout Specific had a similar effect.]

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*Extracts of Letters from Mrs. Parson, of Stutton, near Ipswich.*

Stutton, Feb. 21, 1818.

SIR,

I shall be obliged to you to send me five bottles of the Tincture.

I am in my sixty-fourth year, of an excellent constitution, and have been very active, and used to much exercise, before I was afflicted with an hereditary gout about my fortieth year. About twelve years ago I began to take the Eau Medicinale, which always relieved me from pain in seven or eight hours after taking half a bottle, but was attended with violent nausea and vomiting for eighteen or twenty hours.

About four years since, I came to reside near Ipswich, when I heard of your medicine, which I



have continued to take ever since with much success, though I experience frequent returns of the disorder. I never take the medicine till I have fasted from twelve to fifteen hours, nor do I take any nourishment for as many hours afterwards. I never have increased the dose of half the bottle, or sixty minims, of your Tincture, as I cannot bear strong medicine of any kind, and am in the habit of frequently taking small doses of magnesia. I beg to observe, that a day or two after taking the Tincture, I have frequently observed a great irregularity in my pulse for about four or five hours, and sometimes longer. I usually live upon plain meat, but now and then indulge in things that are not quite so good for me; I drink very weak white-wine and water, sometimes mixed with soda, and sometimes indulge myself with small beer, of which I am very fond.

Having given this account of myself, I wish for your opinion, whether I had not better try the Tincture in small doses as an alterative; and in what quantity and manner you would recommend me to take it.

I am, Sir,

Your obedient humble servant,

LUCRETIA PARSON.

[I recommended smaller doses of the Tincture in future attacks, never exceeding 30 minims; and as an alterative 10 drops every other night for a time, with one of the following pills on the alternate nights :—

R Extr. Col. Compos. ℥ij ;  
 Pil. Hydrarg. ℥j ;  
 Pulv. Antimon. gr. vj ;  
 Fiant pilulæ xii. Sumat. i. alternis noctibus.

In similar cases I would now prefer the Alterative  
 Aperient Pills.]

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Stutton, Aug. 3, 1818.

SIR,

I have so long deferred writing, that I might be better able to judge of the efficacy of the method which you advised me to pursue in taking the Tincture, and from the trial I have given it, I have every reason to be perfectly satisfied with the result ; as the attacks of gout have been less frequent and less painful. I shall, therefore, continue to take it as an alterative for some time longer.

Since I have taken your Tincture in less quantities, I have not perceived any irregularity in the pulse.

I am, Sir,

Your obedient humble servant,

LUCRETIA PARSON.

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Stutton, June 18, 1820.

SIR,

I am happy to acquaint you, that your medicines continue to be of great service to me, though slight returns of gout are frequent.

I remain, &c.,

LUCRETIA PARSON.

*Copy of a Letter from the very Rev. Thomas Carter,  
Dean of Tuam.*

Bath, Feb. 26, 1818.

SIR,

Every sufferer from the gout must read your work with peculiar interest and gratification. I feel encouraged by your openness to communication, to detail my case, and to guide, by your prudent caution, my wishes in the use of the Tincture. In 1800, I left this country to reside in Ireland. From 1812 to 1817, in the spring and autumn, I was subjected to faintings, preceded for some days by an interruption of digestion, flying pains in the right and left great toe, a fulness of the stomach, which seemed to affect the actions of the heart. Æther and tincture of rhubarb were had recourse to, and generally soon relieved me, but left a feeling of debility. In May, 1817, the pains in my great toes returned with more violence, and early in June fixed all their force on the inside of my left foot, in a line with the ankle, attended with a sensation of throbbing, intermittent heats, gnawing pains, and eructations, and an attack in the stomach, succeeded by a clammy perspiration. The foot swelled, was red, and for some weeks the pain continued, and was succeeded by an itching, while the skin of the foot peeled off, and took with it two troublesome corns.

During the paroxysm, my medical attendant directed an extraordinary use of flannel on the affected limb, heavy bed cloths, a heated room, and a plentiful

use of ardent spirits and madeira. All these, I am now satisfied, were protractors of the paroxysm.

Finding my strength not returning, and evident signs of a disordered stomach, I deemed it prudent to take other advice, and arrived in London in November. A course of laxative medicine was directed to restore the fæces to a healthy character, to cleanse a furred and dry tongue, and remove the high colour, pink sediment, and an occasional rotten-egg appearance of the urine. These points being nearly effected, I was directed to try the Bath waters; but, from an evident disagreement, after three days' use, I gave them up, and applied again for advice. Again I am put under a laxative course, and the fæces are progressively assuming a healthy appearance. Every day a return of the pains takes place, either in the right or left great toe, and prickings down the right thigh, with an occasional fulness in the region of the stomach. My appetite is generally very good; my diet is confined to plain roast and boiled meat, potatoes, bread-pudding, and a little weak brandy and water, drank half an hour after dinner. My own feelings indicate a want of more active medicine to produce the effects of your Tincture; how far my opinion may be right, your experienced judgment must direct.

My abstemious mode of life, aided by the laxative medicines, I think have warded off another paroxysm, or rather kept it vibrating in my habit. The happy relief which your Tincture has already afforded to many severely afflicted, and a desire to participate, must be

my apology for trespassing on your patience by so long a detail from a perfect stranger.

I am, Sir,

Your faithful and obedient servant,

THOMAS CARTER.

P. S. “The operative effects” of the Tincture gave more successful relief in the fatal and malignant Typhus fever which for several months prevailed in Ireland, than any other mode of treatment.

T. C.

[The treatment which was recommended is fully detailed in pp. 128—144 of this Work.

A patient, in the last stage of Typhus, who had every symptom of approaching death, was most miraculously and speedily restored by a single dose of the Tincture, administered, as a last resource, by the Author. The dose was forty minims, and in a few hours it produced copious black, bloody, and offensive stools, while all the dangerous symptoms were instantly subdued.]

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*Copy of a Letter from Mrs. Martin, of Tottenhill,  
Norfolk.*

Tottenhill, near Stoke, Norfolk,  
April 1, 1818.

DEAR SIR,

Having experienced very happy effects from your valuable Tincture, when agonized with violent rheumatic fever in December, 1815, I have again had recourse to it in a similar attack, and it gives me great pleasure to say, that the pain is already, comparatively, very trifling, if I keep my arm still; yet I do not regain that degree of strength in it which I had hoped for. Many weeks previous to the attack, I felt as though I was bruised, particularly in a morning. But, what I wish to be informed of is, whether you would recommend the Tincture in full doses every, or every other, night, or, repeat it oftener in smaller ones. On Saturday, the 14th ult., I felt the rheumatism slightly in my shoulder; towards evening it became so painful that I took one-third of a bottle, and another dose on Sunday night; and on Monday the acute pain was gone, but I continued the Tincture in small doses at bed-time until Friday, when I took half a bottle, hoping a larger quantity would effect a cure. I had not then read your Treatise, or I would have taken only a third; of course the half operated violently, which I attributed, in part, to having taken it every successive night. Relying on it for a perfect recovery, I have not applied to Mr. Wales, who before, on the disease returning, recommended and administered it to me. I

was then in the most excruciating pain, and could not bear to be moved; but in about twenty-four hours after taking half a bottle, the pain greatly abated, and I could lift my hand. In forty-eight hours I repeated the dose, and though I had been obliged to keep my bed for about three weeks, yet in a few days I was able to walk. Such, with the blessing of Providence, were the wonderful effects of your Tincture. Two doses more, one-third each, were all I took; and I have every reason to suppose my having recurred to it, in so early a stage of this attack, has prevented its getting much worse. My constitution is naturally bad; indeed, I do not remember ever to have enjoyed health, and at the age I now am (fifty-two,) cannot expect it. You will greatly oblige me, Sir, by returning an early answer to my inquiry, and imparting any advice necessary.

Believe me, dear Sir,

Yours respectfully,

MARTHA MARTIN.

[I directed thirty minims of the Tincture to be taken every night, and the "Aperient Draught," (page 133,) each morning, in order to subdue the attack;—then the local treatment described at pages 152 and 153.]

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*Copy of a Letter from Col. Knight, Tythegston, Glamorganshire.*

Tythegston, April 1, 1818.

SIR,

Mrs. Wells, of Bickley, having, unknown to me, addressed you on the subject of my health, in consequence of having heard your Tincture for the gout spoken of with the commendation it deserves, I feel it my duty to request you will accept my best thanks for the very liberal manner in which you replied to Mrs. Wells, who has most kindly transmitted me your letter, and which has induced me to say, should it be your intention to visit London this spring, I would endeavour to avail myself of an opportunity of meeting you there, in confident expectation of reaping benefit from a medicine I have already taken with advantage, but which, in my constitution, requires to be combined with other remedies to be permanently beneficial.

Whether increased torpor in the functions of digestion has been occasioned by the use of the Eau Medicinale, or whether it be the natural consequence of the disease, I now find gout always preceded by a costive state of the bowels. The Tincture, taken in a dose of 60 drops, does not affect me either as a purgative or sudorific, but removes the gout within twenty-four hours; the information, therefore, that it can be taken in conjunction with small doses of Epsom salts, is of great value, as I felt some objection to a medicine, however efficacious, which did not appear to pass off by some evident secretion.



My first attack of gout was in Feb., 1804, then in the forty-first year of my age, and the disease has latterly so increased, that, except during a few months in summer, I have no respite. My habits have been always temperate, and, for twelve months after my first attack of gout, I drank nothing but water, but at this moment, I indulge in a very small quantity of wine after dinner, and think that small-beer agrees with me better than water; but the utmost attention to diet seems to have very little influence on a gout which I believe to be hereditary.

I am, Sir,

Your most obedient,

and obliged humble servant,

H. KNIGHT.

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*Copy of a Letter from Thomas Fuller, Esq., Farningham.*

Farningham, near Dartford, Kent,  
April 9, 1818.

SIR,

Seeing an advertisement in the Ipswich or Suffolk Chronicle, of Saturday last, signed W. H. Williams, containing observations, attempting to prove that Dr. Wilson's Tincture, for the cure of the gout, is similar in its nature and effects to that deleterious preparation, the Eau Medicinale, I beg leave to offer you my opinion, of which I think it my duty to give you a faithful statement. As to what effect the said Eau Medicinale may have, I know not, and

care not, for I do not pretend to be a judge in physic; but of this I am certain, that your Tincture is both innocent and harmless in its operation, and most miraculously effectual in the cure of gout and rheumatism, as the following cases will prove. First in regard to myself:—

In the month of April, 1816, I was on a visit with Mr. John Taylor, at Farnham, near Saxmundham, where I was taken with a violent attack of the gout. After continuing three days and nights in extreme pain, in which time I got no sleep, my friend called in medical advice. When the doctor came, he said “you have the gout very bad, but have a little patience, and a dose of Dr. Wilson’s medicine will set you to rights.” I crawled up stairs to bed, (for walk I could not), about seven o’clock in the evening, and took half a bottle of your Tincture. About two hours after, I went to sleep, and reposed sweetly till eight o’clock the next morning, at which time I arose and walked down stairs, as well as ever I did in my life, the swelling and inflammation being gone, though there was left a slight weakness. Having received such signal benefit from your excellent Tincture, I went, the same day, to Saxmundham, and bought half a dozen bottles, to take into Kent with me, recollecting that two of my neighbours were (when I left home) very ill with the rheumatic gout, and had lately returned from the hospital uncured.

The morning after my return I went to the mill, at Farningham, where I found one of these persons, sitting by the fire in a very helpless state. This man was

lately come from St. Bartholomew's Hospital, where he had been for ten weeks, but had received very little benefit. I told him what had happened to me since I left home, and he said, if I would give him some of the Tincture, he would take it, be it what it would, as he was almost worn out with pain. I desired him to go to bed, and gave him half a bottle of your Tincture. The next morning, I went to inquire how he was, and, to my surprise, I found him at work in the mill; he said, he had a very comfortable night, and was perfectly at ease. This man is a journeyman miller, named Thomas Challis, and has lived with Mr. C. Collyer, for at least seven years. About a year ago he again had a slight attack, for which he took a single dose, and was relieved immediately.

The other person is a journeyman blacksmith, of the name of John Farrington, who had been eight months in St. Thomas's Hospital, for rheumatism, and sent out incurable. He then went to try what could be done at St. Bartholomew's, but came from thence little better than when he went in. I gave him two doses, (on the two following nights), which relieved him effectually, and he has not since lost a day's work from that or any other complaint. This man has worked as foreman to Mrs. Clement, of this place, for many years.

Mrs. Gibson, wife of Peter Gibson, carpenter, of Eynsford, has been afflicted with gout for the last thirty years, and has been confined every year, from eight to twelve weeks at a time. I gave her a bottle,

in May, 1816, which set her on foot in two days. She had a return of the gout yesterday, and I sent her a bottle this day, having no doubt but, to-morrow, I shall hear she is well.

Charles Miles, a labourer with Sir Thomas Dykes, has been afflicted with the gout for ten years, and has been confined every year, at least seven or eight weeks. About four years ago, the complaint left the middle finger of his right hand, and fixed in the palm, so that he could not stretch it. He sent to me, to beg some of the Tincture, which I gave him; and he came to me in two days after, to thank me, and said he was much pleased to see he could straight his finger, and be able to make use of it.

I should only tire you by giving further particulars, so I shall give you the names of a few of those who have taken the Tincture with the desired effect. I cannot produce an instance of any one to whom it has proved deleterious, and I have never given it to but one person, who did not *benefit* from it. It did him neither good nor harm.

Wm. Petman, wheelwright, of Farningham, aged forty-two, gout.

Henry Chancellor, jobber, of Farningham, aged thirty, gout.

Wm. Turner, carpenter, of Farningham, aged thirty-three, rheumatism.

Jeremiah Sherwood, carpenter, of Farningham, aged fifty, gout.

Miss E. Burr, of Farningham, gout.

John Parkinson, labourer, of Kingsdown, aged fifty-four, rheumatism.

Richard Farrant, grocer, of Kingsdown, rheumatic gout.

Henry Eves, labourer, of Eynsford, aged seventy-seven, gout.

Thomas Lash, sawyer, of Eynsford, aged fifty-five, rheumatism.

Thomas Morgan, victualler, of Eynsford, gout.

Wm. Copper, labourer, of Eynsford, aged sixty-eight, rheumatism.

Thomas Barr, labourer, of Eynsford, aged forty-four, rheumatism.

Wm. Wellard, master bricklayer, of Eynsford, aged sixty-five, rheumatic gout.

John Winsor, tailor, of Eynsford, gout.

— Kear, fishmonger, late of Seven Oaks, now Kingsdown, gout.

John Treadwell, victualler, Hartley, gout.

Thomas Tanner, farmer, Wilmington, gout.

Wm. Older, victualler, Swanley, gout.

— Fourth, labourer, Swanley, gout.

— Ward, plumber and glazier, St. Mary's Cray, gout.

James Mandy, builder, Foot's Cray, gout.

Several of the above-mentioned have been under the doctors' hands for four, five, six, seven, or eight weeks; but having taken your Tincture, they were

cured in two days, and not one of them, nor of a great many more whom I could name have ever found the least ill effect from taking the Tincture.

I am, Sir,

Your most obedient Servant,

THOMAS FULLER.

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*Copy of a Letter from the Reverend James Clark,  
Cheadle, Staffordshire.*

Cheadle, Staffordshire,  
March 20, 1819.

DEAR SIR,

I am a Dissenting Minister, turned fifty-three years of age. Being on a visit at Caistor, Lincolnshire, in the month of January, some years ago, I was attacked with a most violent fit of the rheumatic gout, and not being so well attended to as if at home, I was crippled in my feet and knees, for more than three months. I was attended by Mr. Turner, a very respectable practitioner, who mentioned your valuable Tincture. He told me that Lord Yarborough (who lives in the neighbourhood) had lately tried it, and was on horseback the next day; but the complaint returned upon him with more violence than ever, so that Mr. Turner, who was his apothecary, was called in as usual, and the Tincture was quite dropped. However, when Mr. T. was gone, I began to reflect a little; surely, thought I, his Lordship must be very premature in his decision upon the Tincture; surely,

if he had at all considered, he could never view his conduct, in riding out the next day, after he had taken a strong diaphoretic medicine, as at all defensible ; but having done so, his opinion was not competent to decide upon the efficacy or inefficacy of any medicine, taken to cure a disease requiring temporary confinement. When he left off, however, I began, and have to say, for its credit, that though I had been afflicted twelve years, before the dreadful paroxysm first alluded to, and used often to be confined for a month or more ; yet, since I have taken your Tincture, I have never been laid up more than a week at a time ; nor so much, except when I have unfortunately been without the Tincture.

I have purchased, and read with attention, both your editions, and have endeavoured to abide by the rules prescribed in them. I have had the pleasure, during more than three years, of giving the Tincture publicity in Hereford, Ross, Worcester, Birmingham, Nottingham, Newark, Collingham, Lincoln, Louth, Alford, and Horncastle ; also in various other places ; into some of which I have had the success of introducing it ; and now, also, in Cheadle, where I am become a resident. I have only to deplore one thing, and that is, that it is so dear, which keeps many from making trial of it. I heartily wish that you could afford to sell them singly for two and sixpence, or three shillings \*. It costs me five pounds every year,

\* It may necessary here to state, that the Tincture cannot be offered at a lower price than four shillings and sixpence per

which I can ill spare out of my small income. You will excuse me, dear Sir, for taking this liberty with you ; and hoping that you either have, or will make such provision, that the Tincture may not die with you, but be perpetuated to all future generations,

I remain, with the highest respect,

Kind Sir,

Your humble and most obliged servant,

JAMES CLARK.

P.S. If you should publish another edition of your valuable Treatise, you will be at liberty to publish any thing from this letter that is not personal.

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*Copies of Letters from C. M. Clarke, M.D., Louth,  
Lincolnshire.*

Louth, April 13, 1819.

SIR,

I can make no other apology for addressing you, or taking up your time, than the being a sufferer under that tormenting disease, the gout ; having read your Treatise, and been tempted to take your specific. As a labourer in the same vineyard

bottle ; the stamp duty is sixpence, and on the remaining four shillings the wholesale agents and retail venders, together, are allowed forty per cent. ; while other expenses are not less than twenty per cent., making, on the whole, sixty per cent, exclusive of stamps.



with yourself, I know the value of conciseness, and will, as far as I can, practise it. When young, I lived in and with the world, and took violent exercise in hunting, shooting, &c. My constitution was good, though delicate, and free from all hereditary or constitutional taint. From want of proper care, and from too much exertion, I became, although no free liver, dyspeptic, and suffered so much, that I found, if I meant to live, I must completely reform my mode of proceeding.

About thirty years ago, I set about this reform, and by perseverance accomplished it; but the constitution had suffered, and, in consequence, the gout soon made its appearance, and from that period to the present I have been a sufferer. The application of cold water, I carried to an extent, that Dr. Kinglake might have hesitated to have recommended.

In March, 1816, I was attacked by the gout, which ended in a paroxysm of the greatest severity, and which continued March, April, May, and the beginning of June, ere it ceased, and which nearly sent me to "that bourn from which no traveller returns." My weakness was excessive. I mean, particularly, the debility and relaxation of those joints which were the seat of the disease; namely, the knees, ankles, feet, and every ligament and muscle connected with them. I visited different watering-places, without benefit. From the year 1816, I have experienced no regular fit, but have never been free from pain upon the least exertion; and as symptoms have occurred, threatening an attack, I have applied, upon such

occasions, to your Tincture, in moderate doses ; and by which, with rest, I have hitherto kept upon my legs.

Upon Friday, the 9th instant, I had every symptom of an approaching attack ; it commenced about five o'clock, A.M., but without violence. I was induced to visit a patient, at the distance of fourteen miles, which I accomplished with no great increase of pain ; but, in the evening, I found all hopes of escaping a paroxysm gone. About ten o'clock that evening, April 9th, I took thirty minims of the Tincture, passed a restless disturbed night, felt no effect whatever from the dose I had taken. Saturday, 10th, pain, and every symptom increasing. In the evening, took thirty minims more of the Tincture ; in about an hour I felt hot, and after a little time there came on a kind of perspiration, almost indescribable, which induced a disturbed slumbering. Sunday, 11th, the pain and swelling of the foot increased, and having had but one passage since Friday, I took some aperient pills in place of the Tincture. Monday, 12th, the pills procured two copious evacuations early in the morning, from which I experienced relief. In the evening I repeated the Tincture in the same quantity, without producing any sensible effect, unless it was a greater propensity for sleeping, although the pain was more acute than on any former night. Tuesday, 13th, no particular effect from last night's dose of Tincture ; this evening I shall repeat the Tincture, and to-morrow morning the Aperient Pills. Have I been correct in the mode of taking the Tincture? am

I to persevere? was I to have experienced any greater effect?

This day, Tuesday, I have had less pain, and, whilst writing, feel myself lighter, easier, and the system apparently relieved. I shall feel myself obliged particularly, if you will honour me with an answer.

I am, Sir,

Your obedient humble servant,

C. M. CLARKE.

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Louth, May 27, 1819.

DEAR SIR,

Your very polite and satisfactory letter, of the 17th of last month, I received, and for which you will accept my best thanks. I cannot refrain from again addressing you, not only to make my acknowledgments, but to inform you, that the attack I mentioned in my former letter, subsided in a few days, and left me at liberty, (although the pain, tension, and weakness, to a certain degree, continued,) to obey some professional calls to a distance. Exposure to an easterly wind, close to the sea-coast, and more exertion than was proper, brought the enemy upon me again, with additional violence. Its original seat, namely, the great toe of the right foot, was attacked upon Sunday, the 25th. Monday, all motion, except upon crutches, and that only from my bed to my sitting-room, was denied me. You will, I hope,

forgive my encroaching upon your time and patience ; but I am induced to detail to you my mode of proceeding, as it may give you some satisfaction, and myself an opportunity of expressing my obligations for the ease I have most certainly experienced by your medicine. Monday, 26th, in the evening, I took near forty minims of the Tincture, and experienced a chilliness and rigour before I went to bed, passed a disturbed slumbering night, with increased pain, and inflammatory action in the toe ; and, about four o'clock in the morning, seemed to awake confused and feverish, which, in an hour, passed off. Tuesday, 27th, the pain, swelling, and tension, increased ; yet I arose, and left my bed-room. Having had no passage, and not feeling any disposition to it in the bowels, I ordered a small basin of broth, in which I dissolved the best part of an ounce of the sulphas sodæ, not having a draught of any opening kind by me. This, after some hours, co-operating, no doubt, with the Tincture, produced the desired effect, and I found myself better ; there being no increase of pain, while the inflammatory action, and local tension, were the same. In the evening I repeated the Tincture to between thirty and thirty-five minims ; had repeated alvine evacuations, and an increase of urine during the preceding day ; passed a very comfortable night, no diminution of pain, but no increase. Wednesday, 29th, felt myself better in every respect, had frequent alvine evacuations, and passed more urine than usual, the disease, to my surprise, losing ground, and no other joint being

attacked, as on all former occasions had been the case. The predisposition shewed itself in both the knee and foot of the opposite limb, both this and the preceding day. In the evening I took thirty minims of the Tincture, passed a quiet night, and slept well. Thursday, 29th, the bowels were more than commonly open, but the disease was evidently giving way; the pain, tension, and inflammatory action gradually subsiding. Having evidently experienced the action of the Tincture upon the system, and its effects upon the alvine and urinary secretions in particular, I desisted from taking the Tincture this evening altogether. Friday, 30th, found myself in every respect gaining ground, could walk from one room to another, or even go down stairs with a stick only, nothing remaining but the swelling, and consequent painful tension of the great toe, and all the tendons and ligaments connected with it. In the evening I took twenty-five minims of the Tincture.

Saturday, May 1, after a comfortable night's rest I found myself, in every respect, still recovering, nothing remaining but the fulness, tension, and enlargement of the great toe, which I have every reason to suppose would, if put into action, or much pressed upon, revert back to its painful and inflammatory state. I feel myself altogether better as to health than I was before this last attack, and I consequently am under obligations to you most particularly. Your letter confirmed my prior determination respecting the Tincture, and sanctioned my perseverance.

I experience, at all times, upon common action, an indescribable debility in the joints, knees, ankles, and toes. I have made use of the sulphuric acid, combined with the ol. oliv. and ol. tereb., without much effect, separately and combined; and also of the cajeput oil, and friction in every way, without any advantage. I have not made use of Admiral Henry's pommelling system, nor could I if I were so inclined. Indeed, I could give much information upon topical applications, but I have very little to say in their favour.

I have the honour to be,

Dear Sir, most respectfully,

Your obedient humble servant,

C. M. CLARKE, M.D.

[I recommended the "Alterative Aperient Pills," to be taken during the intervals of the paroxysms, (as directed in page 243) to obviate the disposition to frequent attacks.]

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Louth, Oct. 20, 1820.

DEAR SIR,

I feel myself indebted to you for the hints which your letters have contained, and, be assured, I profited by them. I have had three or four attacks since I last wrote to you, but they were of no duration. The plan which I now adopt is, as soon as I feel the

enemy approaching, to take, in the evening, such a dose of Aperient Pills as will clear my bowels; the next evening I take thirty minims of the Tincture, the next night three grains of the pil. hydrargyri. The next night I take fifteen minims of the Tincture, on the alternate night, the pills, and the next night ten minims of the Tincture; this dose I continue alternately with the pills, until the bottle is exhausted, when finding myself better and relieved, I then cease until subsequent symptoms prognosticate another attack, or its actual presence. In this mode of proceeding, having your sanction, I have fearlessly persevered, you having removed all doubts of future consequences. I live abstemiously. My present state is, a great debility and relaxation of the ligaments, tendons, and muscles of my feet, ankles, and legs, ascending to the knees, but principally confined to the former; which, upon the slightest exertion, give me pain; if I stand for ten minutes, tendinous and muscular power seems gone; if I sit long, the same effects, in a less degree, are produced. Symptoms of the want of a due circulation sometimes shew themselves, as I perceive, on each side the tendo Achillis, upon a little exertion, a slight œdema. My treatment during the paroxysm, is to proceed as above, the parts affected well rubbed with the hand every evening; and, if much pained, I apply the following, lukewarm lotion, by the means of wetted cloths:—

R Camphoræ ℥j;  
Alcohol, ℥vj; solv:—

Of this I make a lotion, by putting ℥ij to a pint of warm water. After the symptoms have given way, and debility only remains, I apply the following liniment, in the evening, after friction:—

℞ Linim. Sapon. Comp.  
Liquor. Ammon. Acet. āā ℥j;  
Liquor. Ammon. ℥ss. M.

I have experienced relief from the lotion, and no bad effects. I have made completely wet four folds of linen, applied them to the foot and ankle, and over it a short roller to keep it in its place, and over the whole a wide stocking. I have gone to bed with the whole upon my foot, have been awoke with the coldness of the parts arising from the evaporation that took place, but this did not alter my opinion of its utility.

The pills I have prescribed for myself are the following:

℞ Extr. Colocynth. Comp. ℥vj;  
Calomel. Pulv. Antimon. āā gr. viij;  
Pulv. Cambogiæ, gr. xv;  
Ol. Caryoph. gtt. vij. ft. pil. xxx.  
Sumat ij vel iij pro re nata.

From this plan I have experienced relief, and am happy to confirm what appears to be your practice. I shall, however, adopt the formula for your pills, mentioned in your last letter, as I think it preferable, especially in my case.



I am a perfect valetudinarian ; the state of debility induced in the lower extremities is, I am afraid, beyond the reach of art. So long as my knees are free from attack I feel contented ; accustomed to pain in my feet and ankles, I do contrive to move, but I dread the inconvenience of a swelled and painful knee, as all loco-motion ceases. Flannel I have long scouted, and with benefit ; and ceased from experience to recommend it, except as worn next to the skin ; and I recommend the use of warm stockings at all times and seasons. Exercise I have found essentially necessary, but under limitation, and adapted to the constitutional powers that exist ; my exertions, I am sorry to say, are confined within narrow bounds.

I am, dear Sir,

Yours, &c., with great respect,

C. M. CLARKE.

N.B. I have made extensive use of fleecy hosiery in every way, but have long laid it aside ; if I use it again it will be only as a warmer species of clothing, but I shall do it locally.

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*Letter from Mr. Charles Webb, Surgeon, Oxford.*

High-street, Oxford, June 19, 1819.

DEAR SIR,

I have been in the habit for a considerable time of using your Gout Tincture in my practice, which I always procured from the medicine venders of this place. Yesterday I obtained a bottle, which I am sa-

tified was spurious. In consequence of which I hope you will favour me by sending half a pint of it, which my brother, who lives in Keppel-street, London, tells me you sometimes do to medical men.

I have used at least five dozen bottles of the Tincture, and with great success. I recommended it strongly in Paris and London, and I have made many observations, which I shall have great pleasure in forwarding to you, should you think proper. If you will likewise send any recent remarks which you may have made, you will much oblige me ; and am,

Dear Sir,

Your obedient servant,

CHAS. WEBB.

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*Copy of a Letter from Col. Bouverie, Jersey.*

Jersey, Aug. 14, 1819.

SIR,

I have to acknowledge the benefit which I have experienced from your excellent medicine for the gout, &c., and return you my most sincere thanks ; in the mean time requesting your kind advice for a friend of mine, who is wishing to make use of your remedy, and begs to know from yourself if the use of your preparation would *not impede or stop* a running gouty issue of some time standing, which has taken place in one of his legs. Your answer would oblige, Sir,

Your most obedient servant,

C. BOUVERIE.

[In regard to the safety or expediency of using the Tincture, where an issue has been established in any part of the body, I observed that, in all such cases, the Tincture was calculated to remove the attacks of gout, without the slightest risk whatever of suppressing or stopping any discharge from the system that may have become habitual and salutary.]

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*Copy of a Letter from Col. Starke, Langham Castle.*

Langham Castle, Carmarthenshire, S.W.

SIR,

As I have experienced such very considerable benefit from your (I must term it) invaluable medicine, I cannot withhold from you the meed of praise so justly your due. I have taken it frequently, and always with good effect. It not only allays the pain, but appears to increase the appetite, and add to my general health. Very lately I had an attack of gout in one knee, brought on by exposure to severe cold, which was more tremendous than any I ever experienced, making me almost delirious, and scarcely could I be got up stairs to bed. I took about forty-five drops of your medicine, soon after which the pain increased almost beyond bearing, but in about half an hour it began to subside, and I went to sleep. Some hours afterwards, on waking, I was truly glad, and indeed astonished, to find all pain entirely gone. I was enabled to get up and walk down stairs without

any assistance, to the no small astonishment of my family. Should you wish to add this case to the many others you have published, you are welcome to do so.

Will you now permit me to state to you a complaint to which, at times, I am greatly subject, and which appears to partake of the nature of gout, though, I believe, it was originally brought on by long exposure to a strong current of cold air on a coach-box. I allude to most excruciating cramps in my legs and feet, which seize me in general only in the night; the pain, while it lasts, is severer, if possible, than that of the gout. I have tried rubbing by the hand and with the flesh-brush, bandaging (which for a long time appeared to keep off the pain), immersion of the parts in warm water; yet I cannot even with these conquer this implacable enemy. My state of stomach and bowels is relaxed and weak; when they are at all disordered, my cramps are worse. Perhaps you can devise some means of cure or palliation for this direful disorder.

I think I have seen it advertised, or in your book, that by taking a certain quantity, four or five bottles, of your medicine, it is to be had something cheaper; in addition to which, having it direct from you, I shall be sure it is fresh, as well as genuine. Will you, therefore, have the goodness to send me the given number of bottles.

I have the honour to be, Sir,

Your truly obliged obedient servant,

RICHARD F. STARKE.

*Extract of a Letter from Owen Williams, Esq. M.P.*

Marlow, Dec. 16, 1819.

DEAR SIR,

I only returned here a very few days since, and having fortunately laid my hand upon Sir Everard Home's letter, respecting the Vinum Colchici, I have much pleasure in transmitting it to you, according to your request.

I have had many minor attacks of gout since I last saw you, but have only resorted to your medicine in a very few instances, not wishing to make too frequent use of it, by way of reserving its force and efficacy for more serious occasions.

I remain, dear Sir,

Your sincere humble servant,

O. WILLIAMS.

*Letter from Thomas Bailie, Esq., respecting Colonel Bailie, of Bath.*Bath, 10, Green-Park-Buildings,  
Dec. 14, 1820.

SIR,

I am desired by Colonel Bailie to acquaint you, that he continues to have the highest opinion of your invaluable Gout Tincture, which he has always found to be efficacious. Ever since he had the pleasure of seeing you in Bath, in May, 1819, he has fol-

lowed the directions you then gave him, and has had no symptoms of gout since last March.

I am, Sir, yours, &c.,

THOMAS BAILIE.

---

*Letter from James Pulham, Esq., Solicitor, Woodbridge, Suffolk.*

Woodbridge, April 15, 1821.

DEAR SIR,

As I understand you are about to publish a third edition of your Treatise on Gout, if the following experimental trial of your Tincture be deemed of any service, I beg you will make it public;—I have repeatedly taken your medicine, and can confidently speak of its salutary effects. Sixty minims, taken at bed-time on an empty stomach, produce, in my case, gentle perspiration, and afford relief from the pain of gout in about three or four hours. I generally take half an ounce of Epsom salts in the morning after having taken the Tincture. I have persevered in this practice upwards of five years, and can truly say, that the Tincture is a safe and efficacious medicine for the gout.

I am, dear Sir,

Yours most truly,

JAMES PULHAM.

---

*Letters from William Harrison, Esq., Chaldon-House,  
near Hemel Hempstead, Herts.*

Chaldon-House, May 20, 1821.

DEAR SIR,

I presume that your goodness will pardon my writing; I should not have taken so great a liberty, had not I observed your request in your Treatise on Gout, which, I trust, will be a sufficient apology. I beg leave to say, then, that I am about forty-five years of age, and rather corpulent; I have been subject to paroxysms of gout for upwards of twenty-five years. In fifteen years I had four or five attacks in my feet and ankles, which confined me generally six weeks or two months. During the last ten years the gout has returned oftener, making its attacks chiefly on both feet and ankles, and sometimes on my knees, insomuch that I could not leave home for three months together; and my general health suffered considerably from the confinement. The disorder, I conceive, must be constitutional with me, as I believe few men are more abstemious and regular than myself.

In 1819, Mr. Thomas Fuller, of Farningham, in Kent, who had himself experienced the benefits of your Tincture, strenuously recommended me to make trial of it, should I again be assaulted. In January, 1820, I was attacked in my right hand and wrist, and in my left foot and ankle; and, on going to bed, I took fifty drops of your Tincture. In three hours after taking it I was nearly free from pain, had pro-

fuse perspiration, and slept comfortably for the remainder of the night. In twelve hours after taking the Tincture I had recourse to a brisk purgative, and in twenty-four hours I repeated the Tincture, which entirely subdued the pain and inflammation; but the swelling continued for a short time, and from the effects of the disease, my limbs were so feeble that I found my crutches were necessary. I did not, in this attack, use any additional covering to my foot and ankle; but, by way of experiment, I had my hand and wrist wrapped in flannel for a few days, according to my former practice during a paroxysm. I continued to take the Tincture, in doses of fifteen drops, for about twelve nights successively. I could by that time walk tolerably without a staff; but my hand and wrist remained weak for upwards of four months, with, sometimes, a sensation of numbness. The flesh-brush was applied with considerable advantage.

In November, I had another attack in my left foot and ankle. It came on very suddenly, and was accompanied with much swelling and inflammation. I had recourse to the Tincture, and took sixty drops, at night on going to bed, which, in about four hours, subdued the pain. I took an active purgative twelve hours afterwards, and, as in the former attack, repeated the Tincture in twenty-four hours. I have great pleasure in saying, that I had no return of the pain; I continued, however, to take fifteen drops of the Tincture, and four grains of the blue pill, alternately, for ten or twelve nights.



Since the above period I have had no return of the disease, and I am happy to say, that I never enjoyed better health, except that in the last fortnight, or three weeks, I have been sometimes troubled with slight head-ach, and rather inclined to be costive, which is unusual with me, being mostly very regular in my bowels. These complaints, probably, proceed from bile, as I am somewhat of a bilious habit. I occasionally take one or two pills, to obviate costiveness, agreeably to your directions. I hope you will excuse my being thus explicit, and should you be able to prescribe any medicine more suitable for my complaints, I shall feel much indebted for your kindness.

I always keep some of your Tincture by me, and have lately parted with several bottles to my friends in the neighbourhood. The apothecary who attends my family, the first time of my taking it, was eager to watch the progress of its operation, and has since so much approved of it, that he has repeatedly given it to his patients with good success. I beg leave to subscribe myself,

Dear Sir,

Your most obedient servant,

W. HARRISON.

[The Alterative Aperient Pills and the Aperient Draught, (page 133), were recommended, during the period of convalescence, in lieu of alterative doses of the Tincture and blue pill.]

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Chaldon-House, July 3, 1821.

DEAR SIR,

I received your very obliging letter, and beg leave to present my best thanks. I have much satisfaction in saying, that the pains in my head, with the costiveness, have been quite removed by taking two of the pills you formerly prescribed, which relieved my bowels twice or thrice, and caused gentle perspiration—effects which I consider to be very salutary to gouty persons.

Having procured some of your Alterative Aperient Pills, (after an interval of several days from taking the former pills,) I have made use of them merely with a design to prevent the recurrence of gouty paroxysms, attending strictly to your directions. I began with two, and afterwards took three, and sometimes four, at a dose. They produced only gentle evacuations twice in twenty-four hours. After leaving them off for a few days, the bowels became perfectly regular; but whether this proceeded from the previous effects of the pills I cannot say. I have sent a few boxes of them to some of my acquaintance, but have not yet had an opportunity of learning their effect.

I should be extremely glad to find a medicine, which would counteract the disposition to corpulency, or fulness of habit, and, at the same time, innocent in its effects on the constitution. A reply to this, when it suits your convenience, will confer an additional obligation on,

Dear Sir,

Your very obedient servant,

W. HARRISON.

P.S. I consulted a physician, about two years ago, concerning my gout, and he advised me to take one tea-spoonful of calcined magnesia very frequently, on going to bed, and to drink, when thirsty, soda water.

---

Chaldon-House, August 28, 1821.

DEAR SIR,

I feel very grateful for your very kind attention to my case. Agreeably to your desire I have persisted in the use of the Alterative Aperient Pills, and I find that two pills taken at night, and the aperient draught next morning, produce the desired effect. I used them till the 28th ult., but, on the 30th, had some symptoms of gout in my foot and ankle, which were painful, and very weak. On going to bed I took three of the Alterative Aperient Pills, omitting the Aperient Draught in the morning, and the bowels were briskly affected. In the morning, however, the weakness was so much increased, that I could not walk without crutches; and, at night, I had recourse to sixty drops of the Tincture, and three pills next morning, which also operated briskly on the bowels. Next night, August 1st, I repeated the Tincture, with the pills in the morning. The foot and ankle were considerably inflamed, though there was no pain. On the 3d, I was so much better that I omitted the medicines. On the 4th, I repeated the Tincture, with the Pills in the morning, which so far removed the inflammation and weak-

ness, that I could now walk with the aid of a stick. Early in the morning of the 6th, I took two pills, and, four hours after, the Aperient Draught, which operated well, and the inflammation completely subsided, and I felt nearly recovered.

On the 7th, business induced me to leave home ; I travelled by coach thirty miles, and the like distance the day following, and experienced not the least inconvenience from the journey. On the 10th, 12th, 14th, and 16th, I took two pills each night ; but the pain began to return in my ankle with inflammation and weakness. The pills, however, followed by a draught of whey, at bed-time, produced copious perspiration, in consequence of which the pain abated, and I had comfortable repose. On the morning of the 17th, my other foot and ankle became exceedingly weak, and though there was but little pain, it made me a complete cripple. Two pills operated freely, and left me quite free from pain. 18th, I was a little better, and travelled by coach about thirty miles. 19th, I felt my strength much improved, I rode thirty miles ; and, on my coming home, I felt much better than in the morning. I would have taken the Tincture, had I been at home on the 16th. On the 20th, I repeated the pills. I have this day (28th) walked two miles very comfortably, and no unpleasant sensations have followed. My ankles have been spunged, as you directed, with the saturated solution of salt in water, from which I have felt much benefit.

I have seen two gentlemen, who have made trial

of your Alterative Aperient Pills, and they inform me, that their action on the bowels was very mild, and their effects very beneficial.

I beg leave to subscribe myself,

Dear Sir,

With every sentiment of gratitude,

Yours very faithfully,

W. HARRISON.

P.S. I beg to observe, that my affected joints are *too* pliable, and there has never been any symptom of contraction after the swelling has abated.

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*Letters from W——— C———, Esq., Hill-Street,  
Berkeley-Square.*

Rendlesham, Oct. 6, 1821.

DEAR SIR,

I arrived here yesterday, and as I recover very slowly from the effects of a long and painful attack of gout, which has continued for the last ten weeks, I wish to ask you, whether I should take a full dose of the Tincture, or a smaller dose by way of an alterative. Of late I have made several attempts to shoot from my pony, but have always suffered from it, having had violent pains, at night, in my back and shoulders. Although I am not absolutely ill, I am far from being well; and, I am convinced, there is gout still lurking about me, which prevents my recovering strength as usual. For seven

weeks I was confined to my bed and sofa, having pain in every part of the body which is considered vulnerable to gout and rheumatism. This convinces me, that my complaint partakes of the nature of both these diseases. I wish you to understand, that I am well enough to enjoy society, and can walk about the house without the aid of a stick ; but still I have occasional pains in all my joints, attended with headach and languor. I must add, that I have not taken any of the Tincture during this last attack, as I was advised by a physician, to let the complaint have its free course, with the exception of sometimes taking an aperient.

I remain, dear Sir,

Yours most sincerely,

W. C————.

[I directed Mr. C., to take two or three of the Alterative Aperient Pills, each following night, or each alternate night, according to their effects; and, whenever a *severe* attack comes on, to begin with a full dose of the Tincture, such as fifty minims.]

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Rendlesham, Nov. 1, 1821.

DEAR SIR,

I have received so much benefit from your pills, since I last wrote to you, that I wish to know

if I should continue them. I have found one pill to be, in general, sufficient; but, when I feel myself much indisposed, I take two, which have a still more decided effect. I have been in the habit of taking an opening pill every night, and should wish now to adopt yours, if you think it advisable. I am very much better in my health, but am still very lame.

I remain yours, most sincerely,

W. C———.

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*Letter from J. B. Plowman, Esq., Normanston, near  
Lowestoft, Suffolk.*

Normanston, Feb. 19, 1822.

DEAR SIR,

Having read your Treatise on Gout, some short time since, and being sometimes visited by that tormenting disorder, I determined to take your Tincture, on the first attack which should assail me, "and this same thought did but forerun my need," as I was seized violently in my right toe, foot, and ankle, on the 8th instant. It increased for some days, with extreme pain at intervals, particularly about the ankles, and the arthritic symptoms were very severe in the back of the leg, and to the knees upward. I did not take any of the Tincture till the 15th, hoping the disorder would abate with patience and aperients. But my sufferings becoming considerably more severe, I took fifty minims at twelve

o'clock at noon, on Friday last. It had no manner of effect on me, and the ball of the left foot, under the joint of the great toe, became very painful. On Saturday, I took a similar dose at bed-time; and, on Sunday morning, the pain and swelling were almost gone, and I felt convalescent; though, in other respects, I perceived no effect from the medicine. I had neither nausea, motion of the bowels, nor perspiration, as I had anticipated. Perhaps the mildness of its operation may have arisen from its having been kept too long; but of this you are the best judge.

I am, dear Sir,

Yours most obediently,

J. B. PLOWMAN.

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*Translation of a Letter, respecting the Tincture, from M. Gonk, of Haarlem, to the Editor of the Algemein Nieuws-en Advertentic-Blad, published at the Hague.*

Haarlem, March 16, 1822.

SIR,

Your impartiality in publishing the various accounts, for and against the plan of treatment pursued by M. Vander Lee, induces me to send you the following:—For some time back, a number of unfortunate sufferers from gout, have found ease and benefit from using the Tincture of Dr. Wilson, a medicine strongly recommended by Count Stroge-



dorp, in his work on Domestic Economy. Some of our experienced and prudent gentlemen of the faculty, though they have seen its wonderful effects in subduing gout, yet have given no opinion for or against it, because they are ignorant of its composition. A person of considerable note here, lately treated himself with Dr. Wilson's Tincture, and found great benefit from it, but was imprudent enough to bathe his feet afterwards, as well as his whole body, in the Amstel, which, of course, produced bad consequences. The opponents of the Tincture eagerly laid hold of this case, as an argument against its use, as if this imprudent bathing made a part of Dr. Wilson's treatment; whereas, he expressly says, "the feet should be kept comfortably *warm* and *dry*." You perceive, Sir, how the most useful things are countermined, and this balsam for sufferers in gout railed at as deleterious.

JOHN CHALK GONK.

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*Letter from Colonel Pemell, Blackheath Road,  
Greenwich.*

Greenwich, April 27, 1822.

SIR,

It has long been my misfortune to have been afflicted with severe attacks of gout, which, however, during the last six years, have been instantly benefited by your Tincture. Indeed, it has

never been out of my possession during that time; and I may, therefore, I think, consider myself as a patient (and a grateful one) of yours. Within the last month, I have been attacked with a severe intermittent fever, without any symptoms of gout or rheumatism; and should wish to consult you, if you are likely to be soon in London.

I remain, Sir,

Your most obedient servant,

WILLIAM PEMELL.

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*Letter from B. Worthington, Esq., Charlton, near  
Dover.*

Charlton, May 31, 1822.

SIR,

I take the liberty of addressing you on the subject of your valuable Tincture: I have been subject to gout for seven and twenty years, (my age is fifty-nine,) and have frequently been confined to my room for three or four months, without my bodily health being at all impaired. I am, at this moment, labouring under an attack, having been confined since last November; five months of which time I have not been able to stand, even with the assistance of crutches. In fact, I have had the gout all over my body; the muscles of my side and chest having particularly suffered. I am now in a most debilitated state, and greatly reduced in body, which

I attribute, in a great measure, to my medical attendant giving me too frequent and powerful cathartics, and keeping me on very low diet at the commencement of the attack. At different times, also, he gave me the Colchicum, which brought on great sickness of the stomach. I still remain in the same state, and cannot gain any strength. I continue very gouty, have little or no appetite, and have frequent and copious perspirations.

On a former attack, I had recourse to your Tincture, which very soon relieved me, and, in a little time, I was able to walk; but I was advised to desist from taking it, as its composition was not known, and the relief which it gives was said not to be permanent. I was advised to substitute the Colchicum, which I prepared myself. It is my opinion, that this has greatly injured my constitution, which is naturally strong, and I have consequently given it up for several months. I have a great inclination to try your Tincture again; but I did not think it advisable to begin with it, till I consulted you.

I am, Sir,

Your most obedient servant,

B. WORTHINGTON.

[Mr. Worthington was recommended to take the Tincture, in doses not exceeding forty drops, every other night, till the pain and inflammation should subside. Then the usual local treatment, with the following alterative and tonic medicines, to complete the cure:—

℞ Pil. Hydrarg. ;  
 Pulv. Antimon. gr. x :—fiant pilulæ. No. x.  
 Sumat pilulam unam alternis noctibus.

℞ Decoct. Cinchon. ℥xss;  
 Tinct. Cinchon. Compos. ℥jss;  
 Carbon. Ammon. ℥j; misce.  
 Sumat cochl. iij ampla bis quotidie.]

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In some of the communications it will be perceived, that arthritic invalids have had that full conviction, both of the safety and efficacy of the Tincture, that they have extended its application to cases in which the Author himself was not sanguine enough to prescribe it; and that, in some instances, this has been attended with the happiest results. Hence the discovery of the efficacy of the Tincture in chronic gout; and, under cautious management, in, at least, some cases of the retrocedent variety.

On the whole, there is some reason to believe, that we are far from having ascertained the full extent of the benefit to be derived from this invaluable remedy; and the Author will, therefore, regard himself as obliged to any gentleman, who will communicate, especially with the permission to publish, accounts of the operations and effects of the Tincture in the several varieties of gout or rheumatism, or in any other disorder in which it may be found efficacious; and, also of the effects of the Alterative Aperient Pills,

in preventing the returns of the gout, and improving the general health of arthritic invalids. Such communications may be addressed to Dr. Wilson, Yoxford, Suffolk.

END OF APPENDIX.

## LIST OF VENDERS.

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DR. WILSON'S TINCTURE, and ALTERATIVE  
APERIENT PILLS, are appointed to be Sold, Wholesale  
and Retail, by MESSRS. SUTTON and Co., (late Dicey and  
Sutton, No. 10, Bow Church-yard;) and may be obtained,  
Retail, of Mr. Sanger, 150, Oxford-street; Chandler and  
Son, 76, Oxford-street; at the Chemical and Medical Hall,  
171, Piccadilly; of Tutt and Bolton, adjoining the Royal Ex-  
change Gates; Evans and Son, 42, Long-lane, West Smithfield;  
Butler, 4, Cheapside, and 220, Regent-street; Newbery, 45,  
St. Paul's Church-yard; Mrs. Ward, Medicinal Warehouse  
324, Holborn; Godfrey and Windus, 61, Bishopsgate-street  
Without; Johnston, 15, Greek-street, Soho; and Barclay and  
Sons, 95, Fleet-market, LONDON.

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SOLD also at the following PLACES :

### A.

*Abergavenny*, Wyke.  
*Abingdon*, King.  
*Albdorough, Suffolk*, Julia Barker.  
*Alnwick*, Graham, and Davison.  
*Andover*, Maud, Major and Langstaff.  
*Arundel*, Lucas.  
*Ashby-de-la-Zouch*, Beadsmore, and Wayte.  
*Ashford*, Elliot, and Farmer.

*Atherstone*, J. Flanders.  
*Axminster*, Toms.  
*Aylesbury*, Loggin, and Cheney.

## B.

*Banbury*, Beesley.  
*Barnstaple*, W. Syle, and Mackrell and Co.  
*Basingstoke*, R. Hulbert.  
*Bath*, Knight and Davies; Crutwell; Meyler and Son;  
 Webb; Cuff; Brown; and J. Binns.  
*Beccles*, Adkin.  
*Bedford*, Palgrave.  
*Beverley*, Robinson and Co.; and Turner.  
*Bicester*, Brinkler.  
*Bideford*, Barrett.  
*Birmingham*, Beilby and Co.; Wrightson; Wood; Adkins;  
 Southall; Cope; Home.  
*Blandford*, Simmonds, and Shipp.  
*Bolton*, J. Scowcroft.  
*Boston*, J. Beverly; Noble; Morton.  
*Bradford, Wilts*, Taylor; and Stump and Bubb.  
*Braintree*, Smith, and Boulton.  
*Brandon*, Willett.  
*Brecknock*, Vaughan.  
*Bridgenorth*, Gitton.  
*Bridgewater*, Ball, and Pool.  
*Bridlington*, Stephenson.  
*Bridport*, Dr. Roberts.  
*Brighton*, Phillipson, and Frances.  
*Bristol*, Manchee; Barry and Son; Bulgin; Chandler; Bat-  
 tens; and Self.  
*Brooms Grove*, Greening.  
*Bromyard*, Miss Mason.

*Buckingham*, Seely.  
*Bungay*, Eaton, and P. Mitchell.  
*Burton-on-Trent*, Wayte.  
*Bury St. Edmunds*, Gall ; Dingle ; and Colk.

## C.

*Cambridge*, Hodson.  
*Castle Carey*, J. Francis.  
*Carlisle*, Jollie ; Scott ; and Thurnam.  
*Canterbury*, Christian ; Cowton and Co. ; and Messrs. Rouse,  
 Kirkby, and Lawrence.  
*Cardiff*, C. and W. Vachell.  
*Caermarthen*, Tardrew.  
*Castle Headingham*, Leonard.  
*Chatham*, Witheridge, and Etherington.  
*Chelmsford*, Meggy and Chalk ; and Baker.  
*Cheltenham*, Smith, Beavan, and Co. ; and Curtis and Co.  
*Chertsey*, R. Wetton.  
*Chesham*, Miss Edwards.  
*Chester*, Poole and Seacome.  
*Chesterfield*, Ford, and Claughton.  
*Chichester*, Hodge and Pratt.  
*Chippenham*, Stevens.  
*Cirencester*, J. Smith, and Watkins.  
*Colchester*, Keymer ; Goose ; and Firmin and Chaplin.  
*Coventry*, Merridew and Son, and Mrs. Rollason.  
*Cowes, Hants*, Tapp, and Coombes.  
*Cranbrook*, Titford.  
*Croydon*, R. C. Crafton.

## D.

*Darlington*, Darnton ; Dixon ; Cudworth ; and Pease.  
*Dartmouth*, J. Burroughs.



*Daventry*, Miss Tomalin, and Bates and Son.  
*Deal*, Bowling, and Pritchard.  
*Debenham*, Roberts.  
*Derby*, Drewry.  
*Devizes*, Smith, and Clarke.  
*Diss*, Wiseman.  
*Doncaster*, Sheardown : and Walker and Wright.  
*Dorchester*, Clarke, and Creswick.  
*Dover*, Neales and Mitchell.  
*Downham*, Smith.  
*Dublin*, Davison, 1, Parliament-street; Butler, 34, Sackville-street; and Newbery and Son.  
*Dudley*, Hinton, and Turner.  
*Durham*, Mr. Henry Travis.

## E.

*Eastbourne*, Heatherly.  
*East Grinstead*, Palmer and Sons.  
*Edinburgh*, Butler, 20, Waterloo-place.  
*Ely*, Anslow,  
*Evesham*, Davis and Son; and Agg.  
*Exeter*, Trewman and Son; J. Risdon; Curson; Hill; and Matthews.  
*Eye*, Bishop.

## F.

*Falmouth*, Dixon, and Elliot and Co.  
*Fareham*, Clark and Son.  
*Farnham*, Nichols.  
*Feversham*, Warren.  
*Framlingham*, Manning.

## G.

*Gainsborough*, Stark.  
*Grantham*, S. Ridge.

*Gravesend*, Sothers.  
*Gloucester*, Walker, and Lea.  
*Great Grimsby*, Squires.  
*Gosburton*, J. Willerton.  
*Gosport*, Harding, and Roberts.  
*Guildford*, Russell and Co.

## H.

*Hadleigh*, Stow, and Inman.  
*Hailsham*, White.  
*Halesworth*, Tippell.  
*Halifax*, Holden, and Suter.  
*Halstead*, Greenwood.  
*Harleston*, Sewell.  
*Harling*, Everitt.  
*Harwich*, Herbert.  
*Harborough*, Higgs ; Abbott ; and Burton.  
*Hastings*, Austin.  
*Haverfordwest*, Davies.  
*Helston*, Mathews.  
*Hereford*, Wright ; Watkins ; Davies ; and Parker.  
*Hertford*, Simson.  
*High Wycomb*, Lamley.  
*Holt*, Massingham, and Shalders.  
*Horncastle*, Weir ; Babington ; and Caparn.  
*Horsham*, Shoubridge.  
*Honiton*, Clarke, and Wish.  
*Huddersfield*, England.  
*Hull*, Feraby, Allanson ; Dawson ; Wilson ; and Moxon.  
*Huntingdon*, Lovell.

## I.

*Ipswich*, Hooker ; Harmer ; Bransby ; and Fitch.  
*Ilminster*, Mulletts.

*Ironbridge*, Miller, and Smith.

*St. Ives*, Setchfield.

*Jersey*, Wm. Wellman.

### K.

*Kendal*, Branthwaite.

*Kettering*, Dash.

*Kidderminster*, Gower and Pennell.

*Kingston*, Baker.

*Knaresborough*, Langdale, and Lambert.

### L.

*Lancaster*, Carruthers.

*Leeds*, Gawtress and Co.

*Ledbury*, Spencer.

*Leicester*, Price, Swinfen ; White ; and Biggs.

*Leominster*, Southall.

*Lewes*, J. Davey ; Martin and Son ; and Parkinson and Co.

*Lincoln*, Brook, and Drury and Son.

*Litchfield*, Morgan.

*Liverpool*, Edwards, and W. Wales and Co.

*Loughborough*, Adams.

*Louth*, Jackson ; H. Hurton ; and Fotherby.

*Lowestoff*, Robinson.

*Ludlow*, Valentine, and Evans.

*Lutterworth*, F. Corral.

*Lymington*, Martin ; Grove ; and Cooley.

*Lynn*, Bayes ; Miller ; and Muggridge.

### M.

*Macclesfield*, G. Wright, and R. Wright.

*Maidstone*, Brown and Co. ; Douthwaite ; and Smith.

*Manchester*, Owen and Sons ; Vaughan ; Mattershead and Co. ; Barker ; Lynch ; and Willan.

*Manningtree*, Scrivenor.  
*Mansfield*, Collinson.  
*Marlborough*, Harold and Emberlin.  
*Melford*, Fitch.  
*Mere*, J. Curtis.  
*Monmouth*, Tudor, and Heath.

## N.

*Nantwich*, Fox.  
*Needham*, Quinton.  
*Newark*, Hage, and Ridge.  
*Newbury*, Fuller.  
*Newmarket*, R. Rogers.  
*Newport*, Stevens.  
*Newport*, Isle of Wight, Rowden ; and Taylor and Co.  
*Newcastle-upon-Tyne*, Walker ; Hodgson, Akenhead, and Co.  
*Newcastle, Staffordshire*, Smith ; Turner ; and Mort.  
*Northampton*, Dicey and Co, and J. Veasey.  
*North Walsham*, Sadler.  
*Norwich*, Mrs. Bowen Stacey ; Stevenson and Co. ; and  
 Burk and Co.  
*Nottingham*, Stretton, and Dunn.

## O,

*Oakhampton*, A. Smale, and Lacey.  
*Oundle*, Summers, and Kingston.  
*Oxford*, Haldon and Co., Routledge, and Hawkins.

## P.

*Paris*, Bertrand, No. 36, Palais Royal.  
*Pembroke*, Wilmot, and Barclay.  
*Penzance*, Harvey.  
*Peterborough*, Jacob, and Miss Rose.

*Petersfield*, Cave.  
*Pewsey*, W. Winter.  
*Pitton*, J. Flexman.  
*Plymouth*, Nettleton and Son ; Cookworthy and Co. ; Curtis ;  
 Creagh ; and Haviland.  
*Plymouth Dock*, Congdon and Co. ; and Hoxland and Co ;  
 and Glencross and Co.  
*Poole*, Moore.  
*Portsea*, Allnutt ; Jones, Mrs. Orange ; and Mallory.  
*Portsmouth*, Mallory and Co. ; Sharp ; Slight ; Bachelor ;  
 and Rowe.

## R.

*Ramsgate*, Burgess and Hunt.  
*Richmond, Surrey*, Hopwood.  
*Richmond, Yorkshire*, Bowman.  
*Rochester*, Francis.  
*Ross*, Powle.  
*Rotheram*, Wilson.  
*Rye*, Coleman.

## S.

*Salisbury*, Brodie and Dowding.  
*Saxmundham*, Clarke.  
*Scarborough*, Champley.  
*Shaftesbury*, S. Mullett and Co. ; and Rutter.  
*Sheffield*, Todd, and Ridge.  
*Sherborne*, Hodges : E. Penny ; and Langdon and Son.  
*Shrewsbury*, Eddowes ; Watton ; and Sandford.  
*Seven Oaks*, Clout.  
*Somerton*, Percy.  
*Southampton*, Fletcher, and Gilmore.  
*Spalding*, Albin, and Gilbert.  
*Stafford*, Morgan.  
*Stamford*, Drakard, and Roden and Craske.

*Stockton*, Lodge and Co., and Jennett.  
*Stockport*, Simms.  
*Stowmarket*, T. Pyman.  
*Sunderland*, Ogden and Co.  
*Swaffham*, Sudbury.  
*Swansea*, Jenkins ; Edmond ; Dawe ; and Lister.  
*Sudbury*, Burkitt, and Bickmore.

## T.

*Taunton*, Squires and Miles.  
*Tavistock*, Pleace, and Cummin.  
*Tenterden*, Chambers.  
*Tewkesbury*, Reddell and Orme.  
*Thaxted*, J. Alders.  
*Thetford*, J. Downing, and Mills.  
*Thrapston*, Sanderson, and H. Collier.  
*Tiverton*, Quick ; Boyce ; and Warren.  
*Trowbridge*, North.  
*Truro*, Miss Thomas.  
*Tunbridge Wells*, Elliott.  
*Tunbridge Town*, Evenden.

## U.

*Ulverston*, Soulby.  
*Uttoxeter*, Woolrich.  
*Uxbridge*, Blount, and Grange.

## W.

*Wakefield*, Potter, and Nichols.  
*Warwick*, Sharp ; Heathcote ; and Merridew.  
*Warminster*, Vardy.  
*Wellingborough*, Mather.  
*Wells, Somerset*, Evill.  
*Wells, Norfolk*, Mrs. Lesley.

*Weymouth*, A. Larkworthy, and Groves.

*Whitehaven*, Gibson.

*Winchester*, Earle.

*Witham*, Gostling.

*Woodbridge*, Gall, and Francis.

*Wolverhampton*, Smart, and Simpson.

*Worcester*, Hunt, Deighton, and Lewis.

*Worthing*, Akehurst.

*Wrexham*, Painter.

### Y.

*Yarmouth*, Nash, and Meggy.

*Yeovil*, Wellington, and Bowcher.

*York*, Sotheron ; Wolstenholme ; Burdekin ; and Deighton.

*Yoxford*, Bird.

FINIS.

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