

An essay on diseases incidental to Europeans in hot climates : with the method of preventing their fatal consequences / by James Lind ... ; to which is added, an appendix concerning intermittent fevers ; to the whole is annexed, a simple and easy way to render salt water fresh, and to prevent a scarcity of provisions in long voyages at sea.

Contributors

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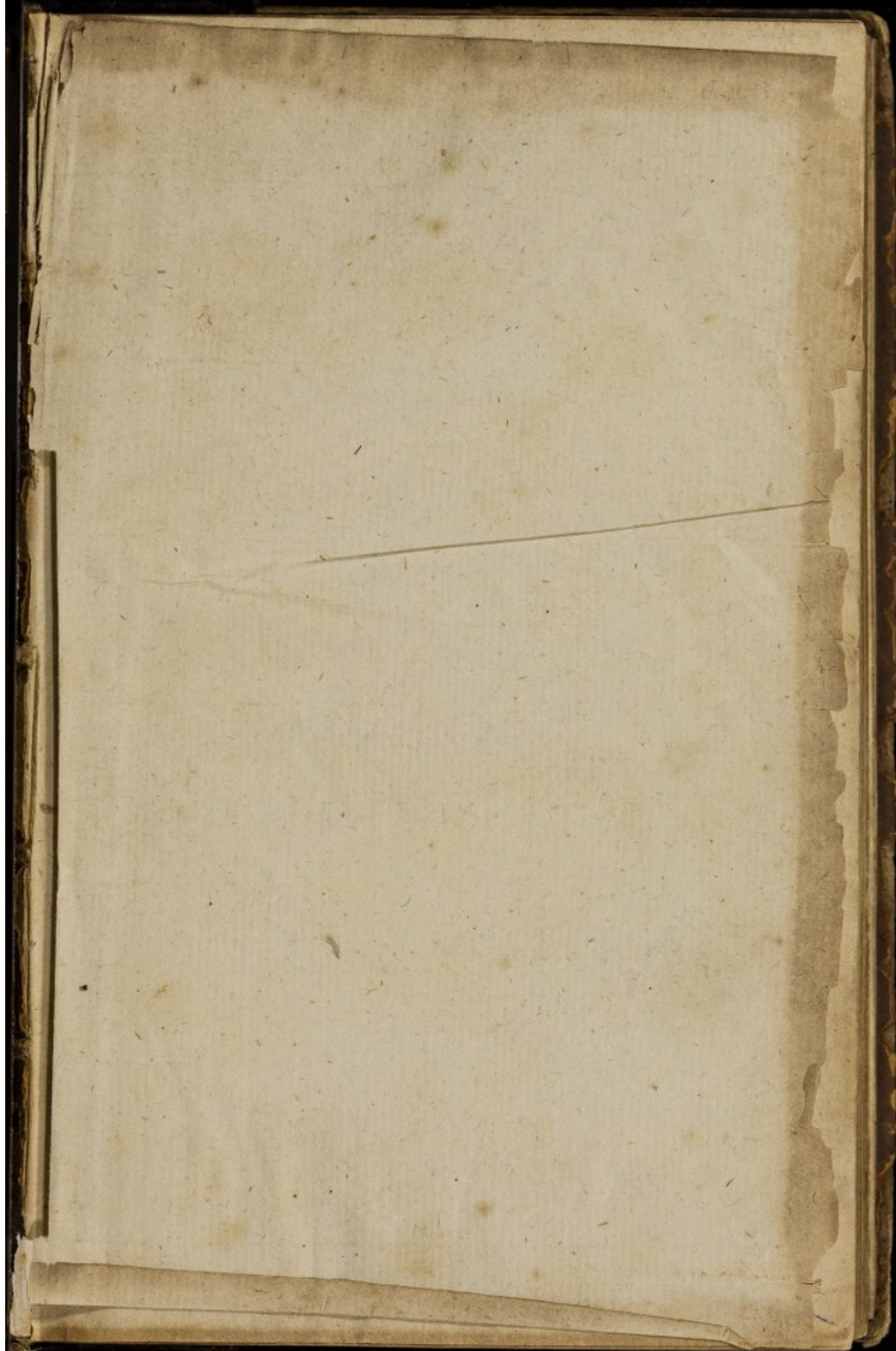
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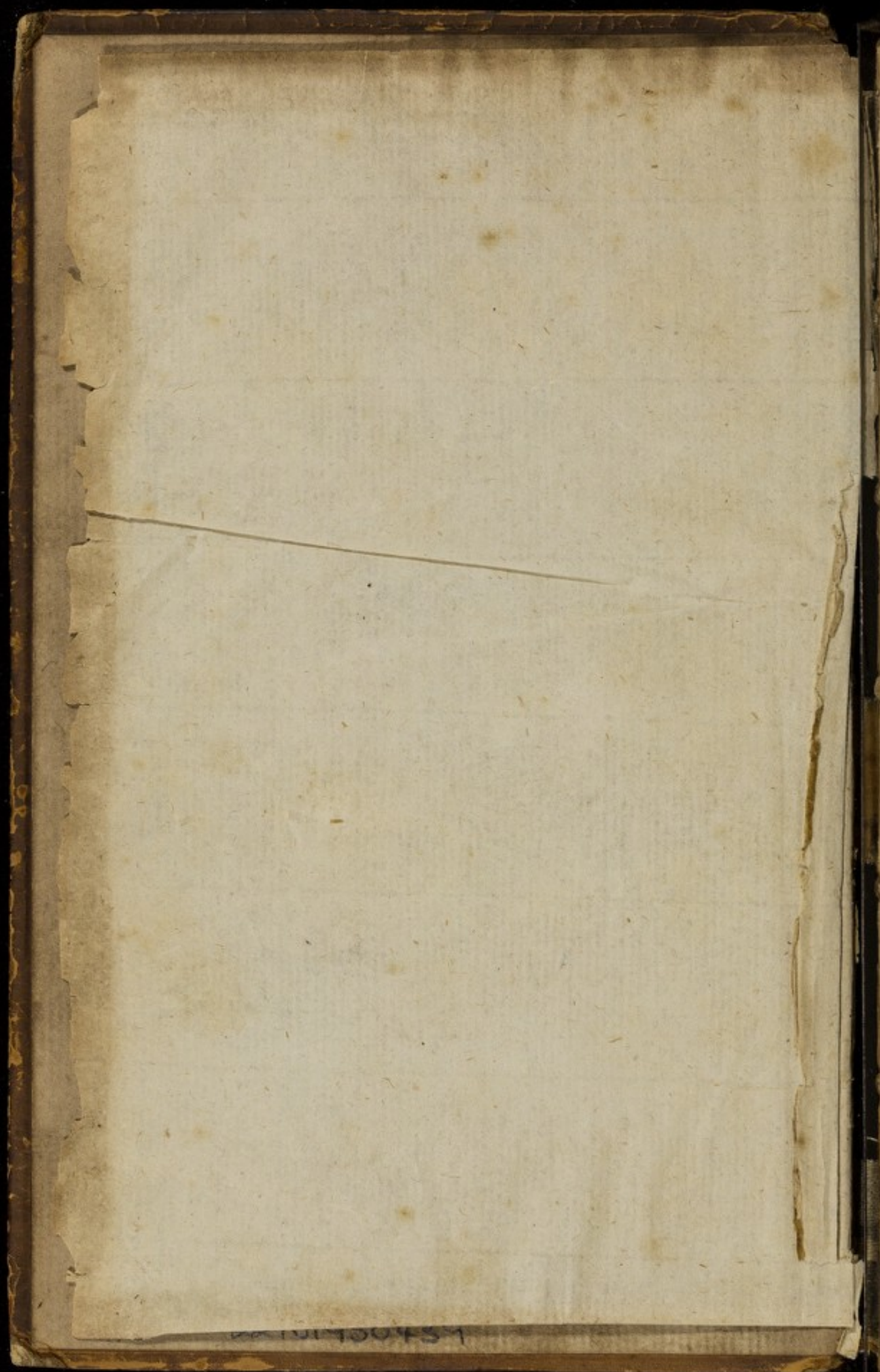
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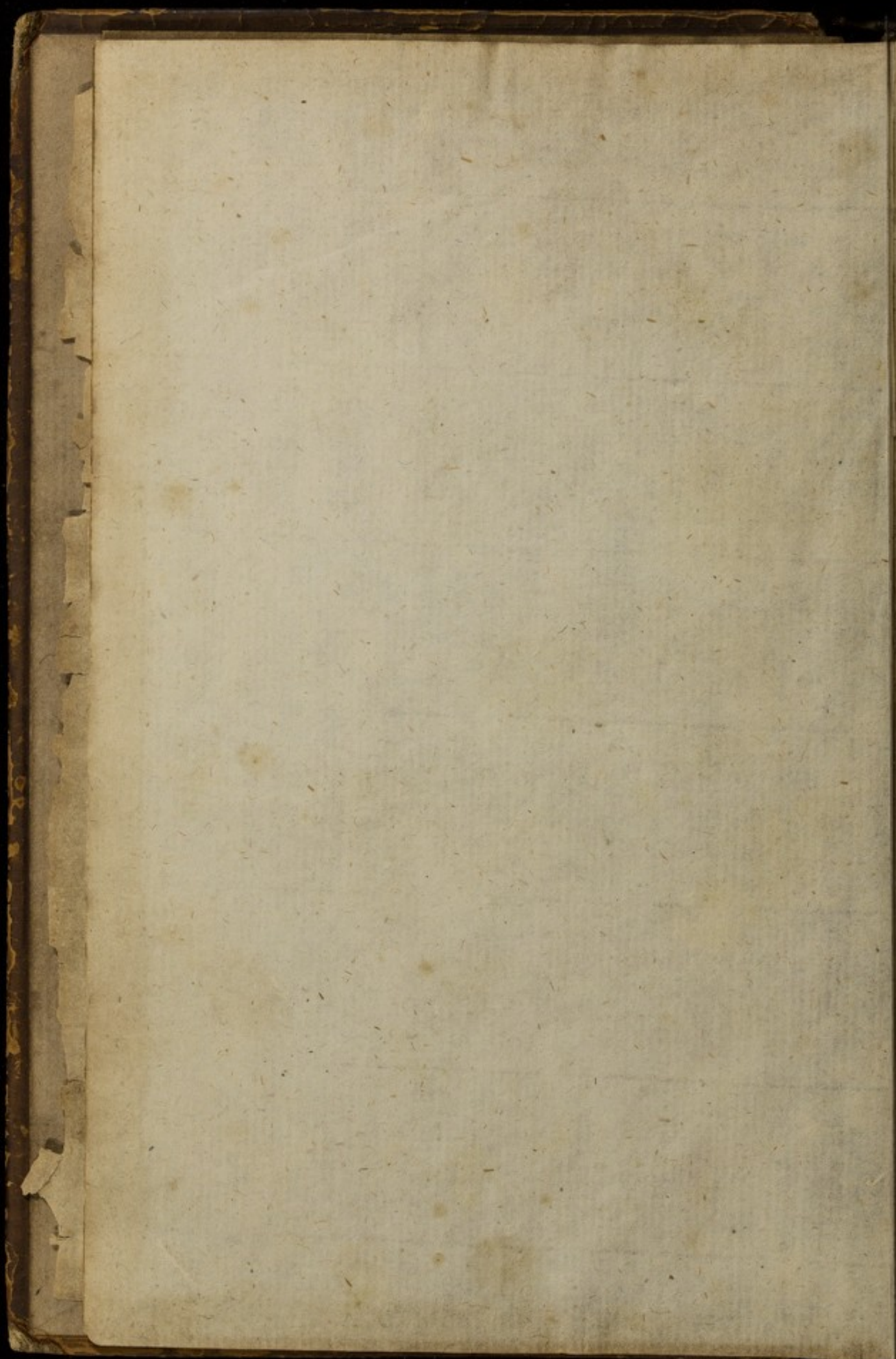
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AN
E S S A Y
ON
D I S E A S E S

INCIDENTAL TO
EUROPEANS IN HOT CLIMATES

55. 6. 11 - *Warning*

AN
ESSAY
ON
DISEASES

INCIDENTAL TO
EUROPEANS IN HOT CLIMATES.

WITH THE
Method of preventing their fatal Consequences.

By JAMES LIND,
Physician to his Majesty's Royal Hospital at HASLAR
near Portsmouth, and Fellow of the Royal
College of Physicians in Edinburgh.

To which is added,
AN APPENDIX CONCERNING INTERMITTENT FEVERS.

To the whole is annexed,
A simple and easy Way to render salt Water fresh, and
to prevent a Scarcity of Provisions in long
Voyages at Sea.

The SECOND EDITION, Enlarged and Improved.

Ars quæ sanitati tuendæ præfidet, iis qui sibi paruerint con-
stantem sanitatem promittit.

GALEN.

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T O

PHILIP STEPHENS, Esq;

SECRETARY to the ADMIRALTY.

S I R,

MY former attempts in the literary way having been honoured with your protection and approbation, I presume to prefix your name to this work; not only as an ornament to my labour, but as a small instance of gratitude for the friendship with which you have distinguished,

S I R,

Your most obliged, and

most obedient servant,

JAMES LIND.

TO

WILLIAM STEPHENS, ESQ.

SECRETARY TO THE ADMIRALTY,

WHITE HALL,

SIR,

I regret to hear in the letter
of the 10th inst. that you are
leaving your present situation
with your present and approaching
to the Admiralty to pursue your name
to the work, but as you are so
near to the Admiralty, but as a small
number of friends for the time
being which you have shared
with me, I am sure you will
continue to be a friend to the
cause of the Admiralty.

Yours most obliged and

most obedient servant,

JAMES LINCOLN

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INTRO-

INTRODUCTION.

THE following sheets are presented to the public, as a sequel to what I have already published, or rather as a conclusion of all the considerations which I formerly offered on that most important and most interesting subject, The preserving the lives of seamen, and such as undertake voyages to distant countries.

In that Essay, my attention was principally directed to the preservation of people crowded together within the narrow limits of a ship, whether seamen, foldiers, or passengers.

After having supposed that these are safely landed in some foreign climate, the following precepts, in addition to those I have already given for that purpose, will, I flatter

B myself,

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myself, greatly contribute to preserve their health and constitutions unimpaired during their residence there.

Few persons visit either the East or the West Indies for their pleasure: but thousands leave England every year, with the design of settling in some of our colonies. Numbers have lately gone to people those parts of America and the West India Islands ceded to us by the last treaty of peace. Regiments are often sent out from England, to relieve others stationed in the most distant parts of the globe; and recruits for those regiments are still more frequently ordered abroad. This Essay is designed for the benefit of these several classes of British emigrants.

Men who thus exchange their native for a distant climate, may be considered as affected in a manner somewhat analagous to that of plants, removed into a foreign soil; where the utmost care and attention are required, to keep them in health, and inure them to their new situation; since, thus
trans-

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transplanted, some change and alteration must happen in the constitutions of both.

Some climates are healthy and salutary to European constitutions; as some soils are favourable to the production of European plants. But the countries beyond the limits of Europe which are chiefly frequented by Europeans, are very unhealthy, and the climate often proves fatal to them.

To shew of what high consequence this subject is, let us consider the unhappy fate of the first adventurers and discoverers of the southern parts of Africa, the Portuguese. They, in the 15th and 16th centuries, spread their settlements over the coast of Guinea, and a great part of India; where they suffered more by sickness than by shipwrecks, though on an unknown coast, and even more than they did by their wars with the natives, and every other accident. In many places on the coast of Guinea where they were formerly settled, we can hardly trace any vestige of their posterity, but such as are of the Mulatto breed. There still in-

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deed remains the corruption of their language, under the name of *Lingua Franca*, which is the only memorial of themselves that they have left behind them.

Those first adventurers into the southern climates seem to have had no knowledge of the true cause of their sickness. They ascribed the mortality among them chiefly to their diet, which being the produce of the country, was quite new to them. They observed, that such as had the good fortune to escape a fit of sickness, or death, soon after their arrival, enjoyed afterwards a pretty good state of health; and thence they concluded, that the blood of such persons had been entirely changed by the diet of the country. Upon this erroneous principle, they adopted a most fatal method of seasoning people to these unhealthy climates.

They, by small quantities, frequently repeated, took away as much blood as they supposed to be contained in the body, and thus they reduced the patient to a state of extreme weakness.

Supposing

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Supposing that this loss was immediately supplied by the food and water of the country, and that their blood was thereby composed of the same materials with that of the natives, they flattered themselves that they should afterwards possess constitutions equally calculated to bear the inconveniences of the climate.

Their absolute ignorance of the true causes of sickness in those climates, appears likewise from the bad situation of the places which they pitched upon for their settlements.

Thus, upon the first discovery of the Cape de Verd Islands, the Portuguese proposed that the capital of all their dominions in the northern parts of Guinea should be placed in one of those islands. For this purpose, they fixed upon Saint Jago, the most unhealthy of them all, and, as hath since clearly appeared, they founded their capital upon even the most unhealthy spot of that island. Then, as if the natural evils of the situation and climate had not been sufficient, they added to them, by having

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wet ditches in their neighbourhood, the waters of which were perpetually stagnant. The great destruction which has befallen the Portuguese at that place, affords a most striking and melancholy instance of their error.

That the vegetable productions of unhealthy climates are the cause of sickness incident to strangers, has been a very general opinion: as I have in another work observed *, that when Prince Eugene commanded in Hungary, in order to avoid the sickness of that country, all the provisions for his table were sent him from Germany.

But the vegetable productions cannot be the causes of sickness in such climates, for two reasons :

First, Because rice, millet, Indian corn, and other productions of the most unhealthy countries, are eat safely, when brought from thence to other places.

* Essay on preserving seamen, page 57.

Secondly,

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Secondly, Because the use even of the European products for diet does not preserve from sickness in such situations.

Further, the drinking of bad water has been highly blamed. Unwholesome water will certainly produce fluxes, and some other diseases. But whenever this is the sole cause, the diseases will be uniform, at all seasons of the year; and the use of good water will effectually prevent them: neither of which, upon experience, we find to be the case in the countries of which we treat.

Lastly, the irregularities of many young and thoughtless people who go to the East or West Indies, have been assigned as the principal causes of their sickness and death: thus it is often said, that they fall a sacrifice, not to the air of the country, but to their own debauchery. For if those who are newly arrived at Jamaica, drink immoderately of hot new-distilled rum, they will unavoidably fall into a violent fever: if they commit any excess in eating fruits, they will have a flux: or if they load their stomach with indigestible food, they will have a cho-

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lera morbus, or a vomiting, which may carry them off in a few hours. But it is equally certain, that the most abstemious and temperate persons often die soon in unhealthy countries, as well as the irregular and bebauched.

Upon the whole, it appears, that violent exercises, excessive drinking, and every species of intemperance, dispose the constitution, more especially in hot climates, to the attack of the epidemic diseases of the country: but then they are no other than predisposing causes; the *causa proxima*, or the immediate cause of the epidemic diseases in those countries being very different.

The recent examples of the great mortality in hot climates, ought to draw the attention of all the commercial nations of Europe towards the important object of preserving the health of their countrymen, whose business carries them beyond seas. It is found that sickly or unhealthy settlements require a constant supply of people, and of course drain their mother-country of an incredible number of its inhabitants,

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and

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and some of those too its most useful individuals. Of this the Spanish dominions abroad have furnished us with striking proofs: and even at this day, many Spanish merchants, adventurers, and others, who yearly take their departure from Europe, die at Porto-bello or Carthagena, soon after their landing.

The Dutch settlements at Surinam, St. Eustatia, and Curacoa, and in several places of India, have proved as fatal to the Hollanders, as the islands of Martinico, St. Domingo, and lately the climate of Cayenne, have done to the French settlers.

Great Britain itself has its *Jamaica*; where the number of English sacrificed to the climate is hardly credible, and only to be guessed at from the common computation, that this island buried to the amount of the whole number of its white inhabitants once in five years, until lately, that it has become more healthy.

It is now a well known and most certain truth, that of such Europeans as have fallen victims

*What is the cause of its increased
salubrity? SW*

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victims to the intemperature of foreign climates, nineteen in twenty have been cut off by fevers and fluxes : these being the prevailing and fatal maladies in unhealthy countries in all parts of the world ; as will appear by a survey we are now to enter upon, of the various regions of the globe, and of the diseases peculiar to them.

In my *Essay on preserving seamen**, I have said, that a malignant fever of the remitting or intermitting kind, most frequently a double tertian, is the genuine produce of heat and moisture, is the autumnal fever of all hot countries, and is the epidemic disease between the tropics. To which I may add, that it is also the disease most fatal to Europeans, in all hot and unhealthy climates.

Of this sickness I am first to treat, and shall attempt to give a clear and distinct view of its various symptoms and appearances, in most parts of the known world ; together with the influence of the climates,

* Page 49, the second edition.

seasons,

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seasons, and various other incidents upon it; in order to ascertain the most effectual methods of preventing its attack.

But before we proceed, it will be necessary, for the sake of greater perspicuity, to give an explanation of the common terms, or appellations, by which the different fevers we shall have occasion to mention have been distinguished, and in what sense they are here to be understood *.

For

* The ancient Greek and Roman Physicians denominated it an Ephemera, or Day-fever, when a fever, proceeding from violent exercise, drunkenness, or the like causes, attacked a person in health; and after continuing only twenty-four hours, unattended with any bad symptoms, left the patient in as perfect health as before its attack. But if it continued longer than twenty-four hours, without an intermission, and still unaccompanied with violent or dangerous symptoms, they then called it, a mild, continual fever; or a Synochus non putris: and the most simple idea we can conceive of this fever, is an increased velocity of the circulation of the blood, without any remarkable diseased condition of the fluids, or of the solids of the body.

They, on the other hand, termed the fever Synochus putris, or a continual putrid fever, when the
blood,

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For though a fever is so frequent and common a disease, yet there is, perhaps, no one whatever so difficult to characterize and define by infallible criteria.

And blood, or other humours of the body, were found to be in a morbid state, and the bowels perhaps affected; the symptoms being then likewise more violent or dangerous. And those appearances, or symptoms, might either shew themselves upon the patients being first attacked, when the fever was then known to be putrid; or they might appear after a Synochus non putris had continued for some days, when it was then said to have changed its nature, and to become a Synochus putris.

Besides these, the ancients assigned various other names to fevers, according to their different symptoms. Thus the CAUSUS, or ardent fever, was so denominated, from a violent scorching heat of the body, accompanied with intolerable thirst, dryness of the skin, mouth, tongue, &c. This ardent fever being most acute in its nature, often destroyed the patient on the third or fourth day from its attack, and (if the true causus) seldom continued longer than the seventh day. It may be here proper to observe, that the ancients do not seem to have understood by the term putrid, when applied to a fever, that kind of putrefaction which a dead body naturally undergoes. I am inclined to believe, that they derived the appellation, and their theory of the putrid fever, from the philosophy of Aristotle, who in one of his problems asserts, "Omnia
qua

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An increased velocity of the circulating blood has been supposed to constitute the very nature and essence of a fever. But in some

quæ putrescunt calidiora fiunt." And hence the distinguishing characteristic of the putrid fever was, a sensation remarkably pungent and disagreeable, on touching the patient's skin.

Some modern writers have endeavoured to class continual fevers under the three denominations of the inflammatory, the slow nervous, and the putrid or malignant fever.

The first may be supposed to attend all inflammations, particularly of the membranes of the body; and so have for its inseparable symptoms, a full, quick, and sometimes an hard or oppressed pulse.

In the nervous fever the pulse is supposed to be much lower, and not so full, or hard; and while it is accompanied with but few symptoms of a violent inflammation, the nerves and brain seem principally affected.

Lastly, as to the putrid or malignant fever, I have already shewn, whence the epithet of putrid came first to be assigned to fevers: it is often here used to characterize a low fever, attended with very dangerous symptoms, and in contra-distinction to the inflammatory fever.

A malignant fever is sometimes understood to denote a fever produced from a violent contagion; but more properly

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some fevers, of which we shall have occasion to treat, the pulse often gives no proof, no certain criterion of its nature, or indication

properly a fever accompanied with uncommon, violent, and dangerous symptoms. In like manner, when the small-pox has only its proper and favourable symptoms, we call it a mild small-pox; and on the contrary, when accompanied with purple spots, bloody urine, delirium, &c. we say it is a malignant small-pox. A disease or fever is also said to be malignant, when it makes its first attack with violent and dangerous or mortal symptoms; in which sense that epithet is often used in the following sheets.

Fevers are perhaps with much more propriety classed into intermitting, remitting, or continual. An intermitting fever is supposed to leave the patient perfectly free from all symptoms of the fever during its absence or intermission. A remitting fever is supposed to have irregular or imperfect intermissions; and a continual fever to have no perceptible intermissions.

Now each of these fevers, whether intermitting, remitting, or continual, may be either attended with the usual and gentle symptoms, or they may be accompanied with violent, dangerous and fatal symptoms, and hence they may be denominated malignant fevers.

Again, in all of those three kinds, if the bile, either pure or mixed, be copiously or frequently evacuated, by vomit or stool, the fever is said to be bilious; and there

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tion of danger in the disease. And it is my opinion, that a fever can no otherwise be defined, than as an indisposition of the body, attended commonly with an increase of its heat, a thirst, often a headach, and oftener there is sometimes a pain, attendant on that evacuation, felt on the seat of the liver.

A yellow colour of the skin is observed not only in common agues, or intermittents, but frequently also in other fevers: sometimes denoting, as in contagious fevers, their malignant nature; at other times, as in some West Indian fevers, an universal dissolution of the blood and humours; and frequently this symptom accompanies gentle discharges of the bile, and a diseased liver.

Intermitting fevers are called quotidian, or tertian, according as they renew their attack every day, or every other day; and the term double tertian, as made use of in the general sense of these sheets, signifies that the patient has two fits, one commonly slighter, the other more severe, in the space of forty-eight hours.

I am sensible these definitions of fevers are liable to objections, but they will at least explain the scientific terms used in this publication, in the sense I wish them to be understood. The term epidemic signifies the universality of a disease: Endemic its constancy, in a particular place; and a Sporadic, its less frequent appearance.

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a remarkable quickness of the pulse; or at least a great change from its natural state; accompanied, for the most part, with various other symptoms of distress; and which, in a few days, will certainly terminate, either in a recovery, a remission, or the death of a patient.

These things being thus necessarily explained and defined, we have nothing further to premise to this little treatise, but a suggestion of our fears---That an inexperience of foreign countries, and an ignorance of the true causes of their sickness, prove as fatal to Europeans, as the malignant disposition of the most unwholesome climate.

ADVICE

A D V I C E
T O
E U R O P E A N S.

PART I.

Diseases incidental to strangers in
different parts of the world.

CHAP. I.

Diseases in Europe and North America.

SECT. I.

*An unhealthy season in England in the year
1765. Of the most unwholesome seasons in
the Netherlands, Hungary, Campania of
Rome, the Islands of Sardinia and Minorca,
and Gibraltar.*

WE shall begin our observations with
the effects of heat and moisture in
England.

The years 1765 and 1766 were distin-
guished by an uncommon appearance of
C intermit-

intermitting and remitting fevers, in most parts of England. One obvious cause was, the unusual frequency of the easterly wind.

An east-wind in England is said often to bring with it a fog from the sea : but the truth of the matter is, that this wind, in many places of the island, frequently raises a copious vapour from water, mud, and all marshy or damp places.

I do not remember to have met with any observations made on this exhaling quality of the easterly wind : though I have been an eye-witness of it. When the wind changes to the east, the mud sometimes sends up a vapour as thick as smoke ; and there are two fish-ponds in my neighbourhood, one of fresh, the other of salt-water, which, upon the approach of an easterly wind, do sometimes also emit a dense vapour, as from a pot of boiling water.

In order to view this phenomenon distinctly, the person should stand sheltered from the wind by a high wall, at about 100 yards distant

distant from the mud or ponds. If the sun shines, when the wind changes to the east, he will observe a constant steam of vapours rising out of the ponds, from about five to ten yards heighth, while the air about him remains serene. As the vapour or fog arising from other places glides along the surface of the earth, and is brought by the easterly wind to the ponds, he will still be able, for some time, to distinguish the vapours ascending perpendicularly out of the ponds, from those which are carried in an horizontal direction by the wind; especially if the sun continues to shine, though faintly.

This evaporating quality, of an east wind seems to manifest itself also by its effects, both on the thermometer, and the human body: for a thermometer, hung over a damp piece of ground, during the fogs or exhalations arising from it, will often indicate a degree of cold below the freezing point, which I should think can only be produced by a watery evaporation.

The chillness of the body, so sensibly perceived when in this situation, seems to me

to proceed from the same cause, and to produce nearly the same sensations, which the damp arising from the wet floor in a chamber communicates to those, who happen to continue in it, whilst it is in that humid state.

But winds are not constant in their effects: as we have sometimes warm weather with a north wind, and sometimes very little heat with a wind from the south, so the fogs attending an east wind are not constant; neither is the evaporation which we have mentioned at all times to be perceived.

I am perfectly sensible that there may be a deception in these matters, as the cold or condensing quality of an easterly wind may be supposed to render the vapours in the air visible at that time. But even this supposition is liable to great objections, as our coldest north winds seldom or never produce such an effect, but are commonly attended by serene dry weather.

But let that be as it will, an east wind is usually accompanied by a cold damp, and unwholesome vapour, which is observed to affect

affect both animal and vegetable health, and in many places to give rise and obstinacy to intermitting fevers, as also to produce frequent relapses.

In particular spots of the low damp island of Portsea, the ague frequently prevails, and sometimes the flux, during the autumnal season; and in some years they are much more frequent and violent than in others. It is observable, that their attack proves always most severe to strangers, or those who have formerly lived on a drier soil, and a more elevated situation.

The year 1765 was remarkable, not only for the long continuance of easterly winds, but also for an excessive degree of heat, which produced a more violent and general rage of those diseases, than had been known for many years. During the months of May, June, and July, we had seldom fewer at Haslar-hospital than thirty or forty patients, labouring under regular Tertian agues, with perfect intermissions. Of these some were seized with it, on board the guard-ships that

lay in the harbour near the mud, but the greatest number were of those marines, who did duty at Portsmouth.

In the month of August the quicksilver in Farenheit's thermometer, often rose to eighty-two degrees in the middle of the day. This considerable addition of heat, together with the want of refreshing rains, greatly spread this fever, increased its violence, and in many places changed its form. At Portsmouth, and throughout almost the whole island of Portsea, an alarming continual, or remitting fever, raged, which extended itself even as far as Chichester. At the same time the town of Gosport, though distant only one mile from Portsmouth, enjoyed an almost total exemption from sickness of every kind; whereas in the neighbouring villages, hamlets, and farm-houses, a mild regular Tertian ague distressed whole families. The violence of the fever, with its appearances in a continued remitting or intermitting form, marked, as it were, the nature of the soil. In Portsmouth its symptoms were bad, worse at Kingston, and still
more

more dangerous and violent at a place called Halfway-house *. In the large suburb of Portsmouth, called the Common, it seemed to rage with more violence than in the town, some parts excepted ; but even whole streets of this suburb, together with the houses in the Dock-yard, escaped its attack.

The marines, who were three times a week exercised early in the morning on South-Sea Beach, from the effect of the stagnant water of an adjoining morass, suffered much.

Half a dozen of them at a time were frequently taken ill in their ranks, when under arms ; some being seized with such a giddiness in the head, that they could scarcely stand, while others fell down speechless ; and upon recovering their senses, complained of a violent head-ach.

* A street so called, about half a mile from Portsmouth, where scarcely one in a family escaped this fever, which generally made its first attack with a delirium. The situation of those houses is so remarkably bad and damp, that the inhabitants are often afflicted with agues and fevers.

When such patients were received into the hospital, I observed that some few had a regular ague, but that far the greater number laboured under a remitting fever, with imperfect intermissions, though sometimes, indeed, there was no perceptible remission for several days. A constant pain and giddiness of the head were the most inseparable and distressing symptoms of this disease. Some were delirious, and a few vomited up a quantity of bile, but in all, the countenance was yellow.

A long continuance of the fever produced either a dropfy or a jaundice, or both; even a slight attack reduced the most robust constitution to a state of extreme debility, and this weakness, together with the giddiness, continued long after the fever was gone.

A scabby eruption now and then made its appearance on the lips, and the corners of the mouth: but dry itchy spots over the whole body, resembling much the common itch, and seeming to partake somewhat of the nature of that disease, were more frequently observed in several patients at Portsmouth, where

where there was not the least reason to suspect any infection.

The universality of this fever, together with its uncommon symptoms, were at first alarming; but when the lancet was withheld, and the bark plentifully given in large dozes, few died*. It decreased with the heat of the weather, and in the winter appeared chiefly in the form of a quartan ague. But I shall have occasion to make further mention of it in another place.

This much may here suffice for a brief description of that autumnal fever of Great Britain, which in its utmost violence prevail-

* When the head-ach or giddiness were very violent, and the pulse neither full nor strong, I ordered a blister to the back, and endeavoured to reduce the fever into an intermitting form, by giving half a grain of tartar emetic, with a few grains of nitre every six hours.

Thus a perfect intermission was often obtained, and the bark was then administered without delay. Vomits were useful, as was also the tinctura sacra given as a purgative during the remissions. A blister to the back seldom failed to relieve the violent head-ach, which afflicted the patients during the remissions of this fever.
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ed, not only in Hampshire, but in many other parts of this island, and which seemed to have been produced this year, by the unusual and excessive heat of the summer, together with an undiluted putrid moisture in the soil, and the long duration of easterly winds.

Let us now pass over to the continent, and take a view of the state of diseases in other parts of Europe at this period. In the Low Countries, particularly Zealand, the most obstinate diseases of this kind frequently rage, and do particularly distress strangers.

Doctor Wind, in his translation into Dutch of my Essay on preserving seamen *, has, among other judicious remarks, the following observations relative to what I have there said of tertian fevers.

He observes, “ that at Middleburgh, the
“ capital of West Zealand, where his fa-
“ ther and himself had practised twenty-
“ eight years, a sickness generally reigns
“ towards the latter end of August, or the

* Aanmerking XI.

“ begin-

“ beginning of September, which is always
“ most violent after hot summers.

“ It makes its appearance after the rains,
“ which generally fall in the latter end of
“ July ; the sooner it begins the longer it
“ continues, being checked only by the
“ coldness of the weather.

“ Towards the end of August, and the
“ beginning of September, it is a continual
“ burning fever, attended with a vomiting
“ of bile, which is called the gall-sickness.
“ This fever, after continuing three or four
“ days, intermits, assumes the form of a
“ double tertian, and leaves the patient in
“ a fortnight, or perhaps sooner ; stran-
“ gers, who have been accustomed to
“ breathe a dry pure air, do not recover so
“ quickly.

“ Foreigners in indigent circumstances,
“ such as the Scotch and German soldiers,
“ who are garrisoned in the adjacent places,
“ are apt, after those fevers, to have a swell-
“ ing in their legs, and a dropsy ; of which
“ distempers many die.

“ Fluxes

“ Fluxes are frequent in September and
“ October ; towards the latter end of which
“ indeed the air becomes more healthy, and
“ then few diseases prevail. At this time,
“ those who have laboured under the fever
“ sometimes suffer a relapse ; but then it is
“ into a simple tertian, which seldom con-
“ fines the patient.”

The Doctor further observes, “ That
“ those diseases are the same with the double
“ tertian fevers, common between the tro-
“ pics. Such,” says he, “ as are seized
“ with the gall-sickness, have, at first, some
“ flushes of heat over the body, a loss of
“ appetite, a white foul tongue, a yellow
“ tinge in the eyes, and a pale colour in the
“ lips. An emetic, administered before the
“ gall-disease appears, is serviceable. Bleed-
“ ing is seldom requisite, unless in persons
“ of a plethoric habit. The gall-sickness
“ is removed chiefly by cooling medicines ;
“ but, in October, the tertian agues cannot
“ be cured without the bark.

“ Such as live well, drink wine, and have
“ warm cloathing and good lodgings, during
“ the

“ the sickly season, do not suffer so much
“ as the poor people: however those diseases
“ are not infectious, and seldom prove mor-
“ tal to the natives.”

It would greatly exceed the intended length of this Essay, should I attempt to enumerate such similar diseases as prevail annually in various other countries of Europe during the autumn. I have elsewhere had occasion to mention the epidemical distempers which rage in Hungary, and in the Campania of Rome, during the months of July, August and September. The former, on account of its infalubrity, has been, with propriety, termed the grave of the Germans; and with regard to the latter, Lancifius, physician to pope Clement the XIth, furnishes us with a very striking proof of the malignant quality of its air.

Lancifius relates, that thirty gentlemen and ladies of the first rank and distinction in Rome, having made an excursion, upon a party of pleasure, towards the mouth of the Tyber, upon the wind suddenly shifting,

ing, and blowing from the south over the putrid marshes, twenty-nine were immediately seized with a tertian fever, one only escaping.

But before we leave Europe, it may be worth while to take a view of such diseases as prevail in some unhealthy spots of its most southern parts, where the heat of the weather may be supposed to have great influence. For this purpose, the island of Sardinia shall be selected; of the diseases of which I do not remember to have met with any printed account.

This island is annually visited with an epidemical sickness, which rages from June to September, and is called by the natives the Intemperies. In some summers, there is a want of rain for or four five months; and then it is that this sickness exerts its utmost violence, being always more fatal in some places than in others, and particularly so to strangers. Of this the English had lately a very severe proof.--In the month of August, 1758, Admiral Broderick, in the Prince

Prince ship of war, anchored in the bay of Oristane, where twenty-seven of his men, sent ashore on duty, were seized with the epidemical distemper of this island; twelve of them in particular, who had slept on shore, were brought on board delirious.

All of them in general laboured under a low fever, attended with great oppression on the breast, and at the pit of the stomach; a constant reaching, and sometimes a vomiting of bile; upon which a delirium often ensued. Those fevers changed into double tertians, and afterwards terminated in obstinate quartan agues.

The prior of a convent making a visit to the English officers, informed them,—That the intemperies of the island was a remitting or intermitting fever, that he himself had suffered several attacks of it, and had taken large quantities of the bark and snake-root, but had always reaped the greatest benefit from a change of air.

He further observed, that during those sickly months, persons of rank left their
country

country seats, and resided in cities; while many poor people, in some particular parts of the island, who could not afford to take that precaution, were annually cut off by this epidemical sickness. The remedy used by the peasants is an emetic, administered immediately upon the first attack of the disease: this they prepare for themselves by quenching some pieces of glass, heated in the fire, in a weak wine; which, thus medicated, first acts as a vomit, and afterwards produces a copious sweat.

Sardinia was formerly so remarkable for its unwholesome air, that the Romans used to banish their criminals thither; and it is at present but thinly peopled, owing to the frequent mortality occasioned by this annual sickness: for although it is about 140 miles long, and in several places 75 broad, yet it is computed, that the whole of its inhabitants does not exceed 250,000; an inconsiderable number, when compared with the inhabitants of the lesser, but more pleasant and healthful island of Corsica, in its neighbourhood.

It

It is worthy of remark, that in the English ship, which at this time lay only two miles distant from the land, none were taken ill but such as had been on shore, of whom seven died.

As to the English possessions in those southern parts of Europe, obstinate, intermitting, and remitting fevers, as also the flux, are in some years prevalent in the island of Minorca from June to November. At Gibraltar the air is purer, and the situation more healthy.

S E C T. II.

The climate of Canada, Newfoundland, Halifax, New England, Maryland and Virginia. Seasons of sickness in South Carolina, Georgia and Florida. Of Mobile and Pensacola.

LET us now pass over to America, and observe the various diseases which attack strangers in that part of the globe. We shall begin with the more northern parts of that continent.

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Since the extensive country of Canada has been in the possession of the English, our troops and settlers there have been remarkably healthy, if we except the great mortality occasioned by the scurvy, in the winter of the year 1759.

A surgeon, who practised long in different places of that country, and especially at Quebec, informs me, that true pleurifies, and other inflammatory disorders, were the genuine produce of the cold air of that climate; but that low, bilious and intermitting fevers were scarcely ever known there.

The surprising healthy state of the ships companies who annually visit the banks of Newfoundland, and the long-continued health enjoyed by those who pass the winter at Halifax, are proofs that an intense degree of cold, properly guarded against, produces but few diseases, and scarcely ever the fevers which are the subject of this treatise. It is a constant observation, that the men belonging to the Newfoundland fleet return every autumn to England, with much more healthy, and much more robust constitutions than when they left it.

The

The climate of New England is fimilar to that of Great Britain. But travelling to the fouthward, in Maryland or Virginia, where the heats are greater, and the foil more moift, efpecially on lands not cleared, we find agues, fevers and fluxes very diftrefling to ftrangers; though the natives in general are pretty healthy, and fometimes long lived.

In the latitude of South Carolina, we find thefe difeafes much more obftinate, acute and violent. In that colony, efpecially during the growth of the rice, in the months of July and Auguft, the fevers which attack ftrangers are very anomalous, not remitting or intermitting foon, but partaking much of the nature of thofe diftempers which are fo fatal to the newly arrived Europeans in Weft Indian climates. The fame may be faid of Georgia and Eaft Florida, during thefe two months; but in Weft Florida, the difeafes of ftrangers approach ftill nearer to thofe of our Weft Indian iflands.

At Penfacola, where the foil is fandy, and quite barren, the Englifh have fuffered much

by sickness: some, for want of vegetables, died of the scurvy; but a far greater part of fevers. The excessive heat of the weather has sometimes produced in this place a mortal sickness, similar to that which in the West Indies goes under the name of the yellow fever: this, in the year 1765, proved very fatal to a regiment of soldiers sent from England, unseasoned to such climates, from the unfortunate circumstance of their being landed there in the height of the sickly season. This sickness raged chiefly in the fort, where the air in the soldiers barracks, which were sheltered from the sea-breeze by the walls of the fort, was extremely sultry and unhealthy.

It is worthy of remark, that during the fatal rage of this fever at Pensacola, such as lived on board the ships in the harbour escaped it. Pensacola is however of late esteemed more healthy than Mobile, where intermitting fevers prevail in the months of July, August, and September. For which fevers, both in this and our other American colonies, we shall in general observe, that the bark has been found a sovereign remedy,
and

and ought to be administered on the first remission of the fever, as on its early administration will greatly depend the preservation of the patient's constitution.

Having now advanced near the tropic, before we proceed to describe the diseases in the West Indies, it will best suit the purpose of this essay, and serve more fully to illustrate the nature of those maladies, that we direct our course to Africa, and afterwards extend our relation to India, reserving the account of such as afflict strangers in the West Indies to the latter part of these sheets.

CHAP. II.Diseases in Africa.

SECT. I.

Algiers, Tunis, Tripoli, Morocco, Egypt.

THE state of good health commonly enjoyed by the subjects of almost all European nations, who live in a state of slavery, in the kingdoms of Algiers, Tunis, and Tripoli, and in the empire of Morocco, leaves us no room to doubt of the salubrity of the northern parts of Africa. Even the most southern districts in the empire of Morocco are far from being unhealthy; Europeans there not only living to a great age, but commonly enjoying good health. The healthfulness of that climate clearly appeared from the unimpaired constitutions and healthful countenances of the late crew of his Majesty's ship *Litchfield*, of 50 guns, who,

who, in the year 1758, were shipwrecked on that coast, and after remaining at Morocco upwards of seventeen months, returned to England in perfect health.

We must not however include Egypt among the number of the kingdoms in Africa, where Europeans enjoy such perfect health, the lower part of this country being rendered unwholesome by the annual inundation of the Nile, and being surrounded on three sides by large and extensive deserts of sand, is thereby exposed to the effects of that noisome vapour, which during the summer months, arises from sultry hot sand. The diseases produced from these causes *,
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* Some writers, who have attempted to account for the origin and cause of the true plague in this country, do not seem to have been well acquainted with the nature of the winds and seasons in Egypt. Was it not for the inundation of the Nile, this country, in all probability, would have been rendered uninhabitable during the summer months, not on account of the filth of Grand Cairo, but for another reason, viz. the hot winds from the deserts, which often begin here in the middle of April, and continue to blow for 30 or 40 days. The heavy dews which then fall in the night,

are confined to certain months, beginning in May, and commonly ceasing in September. It is during these months, but especially towards the latter end of summer, that strangers are apt to be seized with bilious disorders, fluxes, and fevers *, similar to those in the southern parts of Africa, of which we are next to treat.

serve in some measure to refresh the air : but when, by the increasing heat of the summer, the Samiel winds have acquired a pestilential violence, and a killing quality, then a sheet of water is, by the hand of Providence spread over Egypt.

* See Prosper Alpinus, Thevenot, Bruin, Paul Lucas, and others who have given accounts of Egypt.

S E C T. II.

Coast of Guinea. Its soil. Periodical rains. Its heat measured. Its healthy and sickly seasons. Quantity and effects of the rains. Surprising effects of the harmattans. Comparative degrees of health in the different European settlements on this coast. The diseases which attack Europeans in Guinea. The waters of the country examined. A proposal to prevent the Guinea worm. Whence the violence and mortality of diseases in Guinea. A journal kept in a voyage to Catchcou. Medical directions.

AFTER passing the great river Senegal, we come to Negroland, or what is commonly called Guinea. The inland parts of this country, except where the course of a few rivers has conducted the Europeans, are little known to us, being visited by no Christian travellers but the Armenians.

They are the greatest travellers in the world, and the only people known to have lately

lately visited the inland parts of Ethiopia, merely out of curiosity: but as they have published no relations of that country, Europe has reaped very little benefit by their travels. Several of them have made their appearance at Cape Corso Castle, after having travelled through the Upper Egypt and Nubia, quite across the whole continent of Africa; but for want of knowing the European languages, they could not make themselves understood, further than by the draughts they had made of several large cities through which they passed.

At a distance, this wide extended coast appears in most places to be a flat country, covered with low-suspended clouds. Upon a nearer approach, there are generally perceived heavy dews, which fall in the night, and the land is every morning and evening wrapped up in a fog. Upon examining the face of the country, it is found clothed with a pleasant and perpetual verdure, but altogether uncultivated, excepting a few spots, which are generally surrounded with forests or thickets of trees, impenetrable

netrable to refreshing breezes, and fit only for the resort of wild beasts.

The soil, like all other low lands, is either marshy, or watered with rivers or rivulets, whose swampy and oozy banks are over-run with sedges, mangroves, and the most noxious weeds, on which there is a quantity of slime and filth, that sends forth an intolerable stench, especially towards the evening.

In this country, as in all others between the tropics, the sun is vertical twice a year, and on his return from the northern tropic, is generally attended with heavy and continual rains. These rains assuage the insufferable heat, and allay the pestiferous vapours, which in all probability might, in many places between the tropics, arise from the earth, but particularly from the sands, and by the powerful influence of a twice vertical sun, might become destructive to animal life. It appears by a late observation, that at Senegal, the most northern extremity of Guinea, in December 1763, the heat was 93 degrees, when measured by Farenheit's

Farenheit's thermometer, and 98 at Sierra Leona, when the sun had made its most distant retreat from those places. Hence we may in some measure judge what might be the effects of the perpendicular rays of the returning vertical sun on the already heated ground, if those countries were not sheltered from their influence, by a thick clouded atmosphere, and an almost incessant rain. Most tropical countries have, properly speaking, only two seasons, the wet and the dry; the former being commonly of about four months continuance, and the season of sickness; whereas, for many months in the dry season, most parts of this country are equally healthy and pleasant with any in the world.

As in Europe the winter sometimes sets in sooner, sometimes later; in some years is very severe, in others more mild; so in tropical countries, both the commencement of the rainy season, and the quantity of rain which falls, vary in different years. At Senegal, the rains commence about the beginning of July, and continue till the end of October, though in some seasons they
appear

appear a few weeks earlier, in others a few weeks later. At Gambia they begin about a fortnight or three weeks sooner than at Senegal, and down the coast, their commencement becomes more early in proportion as the latitude decreases.

The quantity of rains which falls during the wet season, is almost incredible. By observations made at Senegal, 115 inches depth of rain were found to fall in these four months, a quantity equal to that which falls in England during the space of four years.

It is no less remarkable, that this great change in the weather has little or no effect on the barometer. In this instrument, when in Europe, the variations of the mercurial column are about three inches; but in the torrid zone, its variations are scarce perceptible. It is there but little affected by the most violent hurricane or the heaviest rain; the quicksilver having been seldom observed to rise above four-tenths of an inch.

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There are many difficulties which occur in assigning a satisfactory reason, why in some countries, as in those between the tropics, heavy and continual rains should produce sickness, while in other places, especially in the southern parts of Europe, a want of rain for two or three months in summer brings on diseases almost similar.

In such an uncultivated, swampy country as Guinea, one would hardly expect to hear of a season of health; but what I have asserted is an experienced fact, with respect to newly arrived Europeans. For notwithstanding such as constantly reside there retain, through all the seasons of the year, evident marks of the insalubrity of the climate, yet the indispositions under which they labour in the dry months, are generally the remains of their former illness, or the consequences of what their constitutions had suffered during the sickly season.

Upon this occasion I cannot help observing, that there is hardly a physical cause which can be assigned for the production of any disease, that will not admit of some
excep-

exceptions: thus not only the woods and morasses in Guinea are tolerably healthy in the dry season, if we except Old and New Calabar, Benin, and such like places; but a few instances might be produced, of towns surrounded with marshes and a foggy air, where the inhabitants suffer no inconvenience from their situation, even during the rainy season: as an example, take New Orleans in Louisiana.

Do the impetuous torrents of water poured from the clouds during the rainy seasons in tropical countries, contain what is unfriendly and injurious to health? This much is certain, that in Guinea many of the principal negroes, and especially the Malatto-Portuguese, take the utmost precaution to avoid being wet by those rains, especially by such as fall first. At the setting in of the rainy season, they generally shut themselves up in a close well-thatched hut, where they keep a constant fire, smoke tobacco, and drink brandy, as preservatives against the noxious quality of the air at that time. When wet by accident with the rain, they immediately plunge themselves
into

into salt-water, if near it. They generally bathe once a day, but never in the fresh-water rivers when overflown with the rains, preferring at such times, for this purpose, the water of springs. The first rains which fall in Guinea, are commonly supposed to be the most unhealthy; they have been known, in forty-eight hours, to render the leather of the shoes quite mouldy and rotten: they stain cloaths more than any other rain, and soon after their commencement, the ground, even in places formerly dry and parched, swarms with frogs. At this time skins, part of the traffic at Senegal, quickly generate large worms, and it is remarked that the fowls, which greedily prey on other insects, refuse to feed on these. It has been further observed, that woollen cloth, wet in those rains, and afterwards hung up to dry in the sun, have sometimes been found full of maggots in a few hours.

Is the sickness of those seasons to be ascribed to the intense heat of the then almost vertical sun, which frequently, for an hour or two at noon, dispels the clouds and
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with its direct beams instantly changes the refreshing coolness of the air into a heat almost insupportable?

Further, as the season of those sudden and terrible storms called the hurricanes, in the East and West Indies, and tornadoes on the coast of Guinea, partly coincides with that of the rains; do these dreadful tempests in any measure contribute to produce the sickness prevailing at those times? It was remarkable one year at Senegal, that in the beginning of the rainy season, in the night succeeding one of these tornadoes, a great number of the soldiers, and two-thirds of the English women, were taken ill, this garrison having before been uncommonly healthy.

Lastly, Is it not more probable, that as in some of those countries the earth, for six or eight months in the year, receives no moisture from the heavens but what falls in dews, which every night renew the vegetation, and reinstate the delightful verdure of the grass, that the surface of the ground in many places becomes hard and incrustated

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with

with a dry scurf, which pens up the vapours below, until, by the continuance of the rains for some time, this crust is softened, and the long pent up vapours set free? That these dews do not penetrate deep into the surface of the earth, is evident from the constant dryness and hardness of such spots of ground in those countries as are not covered with grass and other vegetables. Thus the large rivers in the dry season being confined within narrow bounds, leave a great part of their channel uncovered, which having its moisture totally exhaled, becomes a solid hard crust; but no sooner the rains fall, than by degrees this long parched up crust of earth and clay gradually softens, and the ground, which before had not the least smell, begins to emit a stench, which in four or five weeks becomes exceedingly noisome, at which time the sickness is generally most violent.

In the Essay on preserving seamen, I have already given an account of the malignant and fatal vapours called harmattans, and the seasons in which they infest some places on this coast. But I have since found some

persons who cannot, without difficulty, conceive, that a damp vapour, or fog, should open crevices in the wood, and make the boards shrink from one another.

Upon this occasion, I shall only say, that facts so well attested are too stubborn to bend to theory. A gentleman, who had long resided at Cape Coast Castle, informed me, that during the time of this fog, being in the upper chambers of the fort, the boards of the floor shrunk so much, that he could discern the candles burning in the apartments below him, there being no plaister-cielings used in those hot countries; and that he could then even distinguish what people were doing in the apartments below; the seams of the floor having opened above half an inch while the fog lasted, which afterwards, upon its being dispelled, became close and tight as before. I have already observed, that providentially those fogs prove fatal only in some years, and even then only in particular places.—But to return from this digression.

If from the foregoing accounts we form to ourselves an idea of a low, uncultivated, woody country, laid under water, at a time too when the heat of the air far exceeds any degree of heat ever experienced in England, we shall not be surpris'd to find, that such as are unaccustomed to the climate seldom escape a fit of sickness at this season. And if we further take into consideration, that the only spots of ground cleared in this country are low, damp, and annually overflowed (such being only proper for the cultivation of rice, the common food of the natives) : and if still to all this we add the blameable inattention of the Europeans themselves to matters of this sort, the violence and mortality of their distempers will be easily accounted for.

It is not uncommon, in many trading factories, to meet with a few Europeans, pent up in a small spot of low, damp ground, so entirely surrounded with thick woods, that they can scarcely have the benefit of walking a few hundred yards, and where there is not so much as an avenue cut through any part of these noxious woods

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for the admission of wholesome and refreshing breezes. The Europeans have also unfortunately fixed some of their principal settlements either on low, inland, unperflated and uncultivated spots, the foul banks of rivers, or near their swampy and oozy mouths, or upon salt-marshes, formed by the overflowing of the ocean; and in many places the putrid fish, scattered on the shore by the Negroes, emit such noisome effluvia, as prove very injurious to the constitution.

Notwithstanding what has been said, I think it will hardly admit of doubt, that if any tract of land in Guinea was as well improved as the island of Barbadoes, and as perfectly freed from trees, shrubs, marshes, &c. the air would be rendered equally healthful there, as in that pleasant West Indian island.

At present the English settlements on the rivers Senegal and Gambia are remarkably unhealthy; but otherwise, the northern, or what are called the windward parts of this coast, are the most healthy, especially in places or factories near the sea. Thus the

island of Goree, the town of Sierra Leon, the fort of Dixcove, Sucondée, Cape Coast, and all the English, Dutch and Danish forts on the Gold Coast, are, comparatively speaking, healthier than the country to leeward of them.

The air in Whydaw is bad, but much worse, nay in a manner pestilential to Europeans, in the Gulph of Benin, even as far as Cape Lopez. As to the Portuguese settlements to the southward of that Cape, we observe, that St. Paul de Loanda, the capital of all their dominions in that part of the world, is said to be tolerably healthy, considering the climate; whereas the kingdom, and especially the city of Benguella, are remarkable for a pestiferous air.

The most healthy place, of the Portuguese settlements in that division of the globe, is the town of St. Salvadore. Notwithstanding it lies 150 miles up the river Congo, or Zaire, and within six degrees of the equator, yet, from its being situated on a hill, and the neighbouring country being cleared of the
natural

natural woods and thickets, its inhabitants not only breathe a temperate and pure air, but are in a great measure exempted from all the plagues of an unhealthy climate.

The less dangerous diseases which attack Europeans in Guinea, are, the dry belly-ach, and a worm which breeds in the flesh. This is a white, round, slender worm, often some yards long, lodged in the interstices of the muscles, under the skin of the legs, feet, or hands; where it occasions a swelling, resembling a boil, attended with great pain, until its little black head appears in a small watery bladder on the head of the boil. When this bladder breaks, the head of the worm is to be secured by tying it to a small roll of linen, spread with plaister; and part of the worm is once or twice a day to be gently drawn forth, with care not to break it, and wrapped round this roll, until it be brought away entire; then the ulcer generally heals soon; but if part of the worm breaks off, the part remaining in the flesh can be ejected only by painful and tedious suppurations in different places.—Dr. Rouppe observes, that the disease of the

Guinea-worm is infectious. It may at least be prudent in Europeans not to lie in the same apartments, and to avoid too free a communication with such Negroes as are afflicted with those worms. These diseases may be observed at any season of the year, and seldom prove mortal. But the diseases most fatal to Europeans, are fluxes and fevers. The latter make their appearance in the rainy seasons, and have always been observed to be most fatal to European women.

I am informed by a surgeon, who practised some years at Senegal, that for several months during the dry season, the country was as healthy and pleasant as any in the world; but soon after the rainy season began, a low malignant fever spread itself among the Europeans. It seemed to proceed from a poison, as it were, got into the stomach, beginning with severe reachings, and often with a vomiting of bile. Upon its first attack in this way, he administered a few grains of emetic tartar, and found, if this medicine operated both upwards and downwards, it commonly relieved, and
often

often entirely abated all the symptoms: but this lucid interval continued only a short time; for commonly in six hours afterwards the fever and vomiting returned, accompanied with a delirium. The administration of a second emetic did not produce so good an effect, or a remission of the fever. A second remission was however sometimes accomplished, by the Julepum à Camphorâ Pharmacopœiæ Londinensis, and the Haustus Salinus Pharmacopœiæ Pauperum Edinburgensis; and then the bark was administered without delay. Those who were very plethoric were bled: but this operation gave only a momentary relief to the pains of the head and back. In some the fever was very malignant, and the patient died soon after its attack, the corpse appearing of a yellow colour, and the skin stained with livid spots or blotches. He seldom applied blisters, until the patient was comatose, and then he found good effects from them.

The bark ought to have been administered immediately after the first remission of the fever was procured by the vomit.

A more

A more early application of blisters, in such low fevers, is also adviseable.

An inflammatory fever is seldom observed during the season of sickness in this part of the world; though the flux may sometimes make its appearance at other seasons, and is a distemper very common, and often fatal to Europeans in Guinea. The most mortal epidemic, however, is that low, malignant fever of the remitting kind, which rages only in the wet season *.

The

* The following is an accurate description of this fever, which raged on board the *Weasel* sloop of war, during the wet season at Gambia, in August 1769, taken from the journal of the ingenious Mr. Robertson, surgeon of that ship.

The symptoms are arranged according as the fever appeared in a more mild or more malignant form.

In its mildest form, it began with a head-ach, a sickness at the stomach, thirst, universal uneasiness and pain, especially in the back and loins. The pulse is small and quick, the skin hot and dry. In the morning these complaints were greatly relieved, in the evening exasperated, which happened through the whole course of the fever.

About

The dry belly-ach is the same disease here as in the West Indies; but the Guinea-worm seems in a manner most peculiar to Africa.

About the third day, the violence of the symptoms increase, the tongue now becomes white and foul, the speech weak and faltering, the thirst insatiable, the pulse soft and weaker than natural.

On the fourth day, the patients lose the sensation of taste, and towards the evening become very hot and restless.

On the third night, there was a gentle moisture on the skin, likewise on this night several had profuse sweats.

On the fifth day, the weakness is increased. Hitherto the patients had not been confined to bed in the day-time.

On the sixth, frightful dreams, and an incipient delirium prevent them from sleeping.

On the seventh they grow worse; their tongues are brown, dry and chopped, the delirium is increased, with restlessness and universal uneasiness.

On the eighth, the remissions and exasperations happen as usual.

The ninth is the worst day; in the morning they are cool, but the symptoms soon return with increased violence.

Their pulse, since the sixth day, has been very irregular, and in general weaker than natural.

After

Africa. It has been supposed to proceed from a bad quality in the water of the country,

After this day there is a perfect remission of the fever, but towards night they become a little feverish till the seventeenth. The crisis of the fever is a gentle purging.

In the more malignant form of the fever, all the symptoms are more violent; there is from the beginning, a great prostration of strength and spirits, universal uneasiness, giddiness, violent reachings, a strong, a quick, and sometimes a hard pulse, a white and dry tongue: sometimes a severe purging with gripes, at other times a bad cough, a violent pain and stricture over the eyes, and costiveness.

On the second day there is no alteration for the better.

About the third day, in the morning, there is a small remission, but in the evening they again turn ill.

On the fourth, scarce any remission could be perceived.

When a remission happened, it did not last above three hours; the patients seemed a little cooler, but their thirst was not abated, and the palms of their hands, and the soles of their feet glowed with heat. Anxiety, restlessness and frightful dreams prevent them from sleeping. Their memory begins to fail. The tongue in a few is white and furred, in most dry and chopped. Bilious vomitings and frequent loose fetid stools have attacked severals; but those who were costive in the beginning still remain so.

Fifth,

country, which is in general owing to the woody, marshy soil.

In

Fifth, in the night several were delirious: the tongues of some are become black, and the teeth furred.

Sixth, in the morning a few of them had a small remission, but all had been very ill in the night. The pain of the back and loins, giddiness, and a pain at the bottom of the orbit of the eyes, are still very troublesome.

On the seventh, the delirium is more general, and in some the countenance is quite yellow, a wild look, scalding of the urine (not from blisters) an inclination to vomit, and loose stools, are frequent this day.

Eighth, A few after severe bilious vomitings and purgings, which stained like saffron, had purple blotches on the face and neck. In one patient a swelling of the parotid gland appeared. Delirium, stupor, cold sweats, convulsive tremors and catchings, twitchings of the tendons, an involuntary discharge of urine and fæces, are frequent this day. The pulse is quite irregular.

Ninth, all the bad symptoms continued. The blotches rose above the skin, and soon disappeared; the patients thought themselves better while they remained on the skin. A bleeding at the nose occurred in one of them, which also tinged yellow.

Tenth, a few had a slight remission.

Eleventh,

In order to know the contents and qualities of these waters, I procured those of Senegal,

Eleventh, The dangerous symptoms continued ; a large ecchymosis appeared on one patient on the right side of the face and neck a little before his death.

Thirteenth, their countenances were much more yellow, and they were seized with a purging, but not attended with gripes. One of them had a gentle and universal perspiration. He was afterwards cooler and his complaints were relieved. Among others, the bad symptoms still remained : one was seized with faintings.

Fourteenth, the purging was attended with gripes : the patients continued cooler but very weak, and the bad symptoms still prevailed with the subsultus tendinum.

Fifteenth, the bad symptoms continued : the parotis was opened. Those who had the purging and yellow countenance, were better : one had the piles.

Sixteenth and seventeenth, all continued better, except one man.

Eighteenth, a man who, for two days, had appeared to be in a very dangerous state, fell into a sound sleep, followed by an equable perspiration, which proved a happy crisis.

In one patient the fever continued till the twenty-first day, but it had been very mild during its whole course.

As to the critical days and symptoms that were most dangerous in this fever.

Senegal, Gambia, and Sierra Leon, which were sent me in bottles, well corked and sealed.

On the third day in the evening a perfect remission was procured in one case.

In another case, a remission of thirty hours was obtained on the fifth day in the morning; but the fever afterwards returned for twelve hours with increased violence:

On the eighth day four died, and one parotis formed. In the mildest state of the fever, an imperfect crisis happened on this day.

One person died on the tenth, and on the eleventh three.

On the thirteenth one died, and many were seized with purgings, which proved a favourable crisis. In one an equable perspiration broke out, which was succeeded on the fourteenth by a gentle purging, and proved salutary.

On the fourteenth also, another patient died, who had had bleedings at the nose, and blotches on the neck.

On the fifteenth, the parotis was ripe for opening.

On the eighteenth, an unexpected crisis happened in a very dangerous case, by means of a sound sleep and free perspiration. Costiveness, frequent discharges of bile, both by stool and vomiting, bleedings from the nose, blotches, a brown, rough and husky tongue, a smacking of the lips, wildness of the countenance,
and

sealed. Upon opening these bottles, I found the water in all of them putrid, but the

and despondency of mind, were in every case mortal. A cough proved fatal in two cases out of three, which third was the remarkable case that came to a crisis on the eighteenth day. An involuntary discharge of urine and fœces, except in two cases, was always followed by death; in the first case, there was a swelling of the parotid gland; in the second, an unexpected crisis happened on the eighteenth day.

A pain either over the eyes, or deep within the orbit, faintings, drinking greedily and in large draughts, were dangerous symptoms.

Upon feeling the pulse, a disagreeable sensation always remained on the fingers, especially if there was any moisture on the patient's skin; but where the perspiration proved critical they did not occur.

Most of these patients were vomited and purged when first taken ill. The mortality of the fever, it is supposed, was greatly lessened by the ship leaving Gambia, and being at sea. The captain, who was ill of it took seven ounces of the bark. Hence we may in some measure judge how many pounds of that remedy would have been requisite in the cases of thirty or forty such patients, on board even a very small ship, and how far the allowance made to the surgeon for medicines, was adequate to this expence.

And we heartily concur with the author of this journal in this just conclusion, That if the bark was supplied

the scent of the Senegal water the strongest and most offensive. I could not, however, discover, by the help of a good microscope, the least appearance of any animalcules; nor did any chymical experiment discover uncommon contents or impurities in those waters. All of them, after standing for some time exposed to the open air, became perfectly sweet and good.

Hence I am inclined to think, that the putrefaction of water destroys the living animalcules, and spawn of fish, which it may contain when fresh; and if such water be permitted to putrify, by being kept in close, clean vessels, very wholesome water may afterwards be obtained in Guinea.---- And thus, supposing the Guinea-worm to

plied to the ships on the coast of Guinea, at the expence of the government, in the same manner as the elixir of vitriol, and James's powders, it would be the means of saving the lives of many seamen. Until this point be obtained, in this voyage, surgeons should take a large quantity of the bark in lieu of less necessary medicines supplied them from apothecaries hall; an indulgence which Dr. Hossack, the physician of Greenwich hospital, and superintendant of the surgeons medicine chests, is so obliging as to grant.

be generated from animalcula, or their ova, contained in the waters of the country, their production in the human body, may probably be prevented, by drinking those waters only that have been rendered perfectly sweet after undergoing a previous putrefaction.

The quickest method of freshening such water is, by passing it through a series of vessels, placed under each other, having very small holes bored in their bottoms, so that it may fall in small divided drops, like a gentle shower of rain, through each of them, into a receiver fixed below. The wind, or air, having thus a free passage through the water, divided into small drops, will soon render it wholesome and sweet *.

But to return from this digression: Fluxes and fevers, as I said before, are the distempers most fatal to Europeans on this coast; and the season of their appearance is during

* This method of freshening putrid water, was first discovered by the ingenious Mr. Otbridge, a Lieutenant in the navy, but not before published.

the rains, and for some short time after they have ceased.

As far as I have been able to learn, there is a pretty exact uniformity in the appearances and nature of the fevers and fluxes which afflict strangers in Guinea; with this difference only, that their malignity or violence, together with the mortality proceeding from them in the rainy season, are in proportion to the situation of the place, and its free ventilation by a wholesome air.

The natives themselves are not exempted from those diseases. They are in general short-lived, and perceive as various degrees of purity and insalubrity of the air in different spots of their country, as are felt in Europe, or in any other part of the world. Generally black priests, natives of that country, are hired by the Portugueze to undertake the conversion of those of their own colour who reside in unhealthy places: hence the missions at Rio Nunes and at Giga-shore have been rendered both honourable and lucrative to such black missionaries as choose to undertake them.

We shall conclude our account of Guinea, with some extracts from the journal of the surgeon of a ship, which sailed up the rivers of that country.

“ Upon the 20th of February, we sailed
“ from Lisbon, and on the 16th of March
“ arrived at the island of St. Jago. Here
“ we found the ships of different nations,
“ whose crews, as also the white people on
“ the island, were perfectly healthy. The
“ latter, however, seemed to have been
“ sickly, and many of them were afflicted
“ with ague-cakes, a hard swelling on the
“ seat of the spleen.

“ Upon the 5th of April, we arrived at
“ Gambia, and found all the English in that
“ fort in perfect health. The surgeon of the
“ factory informed me, that a relaxation of
“ the stomach, and consequently a weakened
“ digestion, seemed to bring on most of
“ the diseases so fatal to Europeans in the
“ sickly season. They were generally of a
“ bilious nature, attended with a low fever,
“ sometimes of a malignant, at other times
“ of a remittent kind. Fluxes were also
“ then

“ then prevalent, and often proved mortal
“ to strangers. The flux sometimes ap-
“ peared alone, at other times attended the
“ fever, but more frequently followed it.

“ Upon the 12th of April, after sailing 30
“ miles up the river St. Domingo, we came
“ to Catchou, a town belonging to the
“ Portuguese, in latitude 12 degrees north.
“ In this town there were only four white
“ men, the governor and three friars. The
“ number of white people in the trading
“ ships were 51. One morning, towards
“ the latter end of April, a little rain fell.
“ On the 13th of May there was a second
“ shower, accompanied with a tornado.
“ On the 18th of May it rained the whole
“ day; and the rain continued, with but
“ short intervals, until the beginning of
“ October.

“ In the month of June, almost two-
“ thirds of the white people were taken ill.
“ Their sickness could not well be charac-
“ terized by any denomination commonly
“ applied to fevers: it however approached
“ nearest to what is called a nervous fever,

“ as the pulse was always low, and the brain
“ and nerves seemed principally affected.
“ It had also a tendency to frequent remis-
“ sions *. It began sometimes with a vo-
“ miting, but oftener with a delirium. Its
“ attack was commonly in the night, and
“ the patients being then delirious, were
“ apt to run into the open air. I observed
“ them frequently recover their senses for
“ a short time, by means of the heavy rain,
“ which at that time fell upon their naked
“ bodies. But the delirium soon returned:
“ they afterwards became comatose; their
“ pulse sunk, and a train of nervous symp-
“ toms followed; their skin often became
“ yellow; bilious vomitings and stools were
“ frequent symptoms.

“ The fever reduced the patient's strength
“ so much, that it was generally six weeks
“ or two months before he was able to walk
“ abroad. A consuming flux, a jaundice,
“ a dropfy, or obstructions in the bowels,

* “ Vomits, blisters, camphire, and the bark, were
“ the only things which merited the title of remedies
“ for this disease.

“ were

“ were the consequences of it. Of 51
“ white men, being the companies of four
“ ships which were at Catchou, one-third
“ died of the fever, and one-third more of
“ the flux, and other diseases consequent
“ upon it; and of these not one was taken
“ ill till after the rains began.

“ I believe, on the whole face of the
“ earth, there is scarce to be found a more
“ unhealthy country than this, during the
“ rainy season; and the idea I then conceiv-
“ ed of our white people, was by making
“ a comparison of their breathing such a
“ noxious air, with a number of river-fish
“ put into stagnating water, where, as the
“ water corrupts, the fish grow less lively,
“ they droop, they pine away, and many
“ die.

“ Thus, some persons became dull, inac-
“ tive, or slightly delirious at intervals, and
“ without being so much as confined to
“ their beds, they expired in that delirious
“ or comatose state, in less than 48 hours
“ after being in apparent good health. The
“ white people in general became yellow;

“ their stomach could not receive much food,
“ without loathing and reachings. And
“ indeed it is no wonder that this sickness
“ proved so fatal, and that recoveries from
“ it were so tedious, and that they were at-
“ tended with fluxes, dropfies, the jaun-
“ dice, ague-cakes, and other dangerous
“ chronical distempers.

“ It seemed more wonderful to me, that
“ any white people do ever recover, while
“ they continue to breathe so pestiferous an
“ air as that at Catchou, during the rainy
“ season.

“ We were, as I have already observed,
“ 30 miles distant from the sea, in a coun-
“ try altogether uncultivated, overflowed
“ with water, surrounded with thick, im-
“ penetrable woods, and over-run with
“ slime. The air was vitiated, noisome,
“ and thick, infomuch that the lighted
“ torches or candles burnt dim, and seem-
“ ed ready to be extinguished; even the
“ human voice lost its natural tone. The
“ smell of the ground and of the houses
“ was raw and offensive; but the vapour
“ arising

“ arising from the putrid water in the
“ ditches was much worse. All this how-
“ ever seemed tolerable, in respect of the
“ infinite numbers of insects swarming
“ every where, both on the ground and in
“ the air, which as they seemed to be pro-
“ duced and cherished by the putrefaction
“ of the atmosphere, so they contributed
“ greatly to increase its impurity.

“ The wild bees from the woods, toge-
“ ther with millions of ants, over-ran and
“ destroyed the furniture of the houses: at
“ the same time, swarms of cock-roaches
“ often darkened the air, and extinguished
“ even the candles in their flight; but the
“ greatest plague was the musquitoes and
“ sand-flies, whose incessant buzz, and pain-
“ ful stings, were more insupportable than
“ any symptoms of the fever.

“ Besides all these, an incredible number
“ of frogs on the banks of the river, made
“ such a constant and disagreeable croaking,
“ that nothing but being accustomed to such
“ an hideous noise could permit the enjoy-
“ ment of natural sleep.

“ In

“ In the beginning of October, as the
“ rains abated, the weather became very
“ hot; the woods were covered with
“ abundance of dead frogs and other ver-
“ min, left by the recess of the river; all
“ the mangroves and shrubs were likewise
“ overspread with stinking slime.

“ Upon our return to Lisbon, I observed
“ the blacks to suffer much from the change
“ of climate; for when they came into a
“ cold latitude in the month of December,
“ many of them were seized with the flux,
“ and other distempers, of which several
“ died.”

I observed before, that the most frequent
and fatal diseases in the sickly season in Gui-
nea are not of an inflammatory nature.—
And indeed so much harm has been done
there by the lancet, in the hands of such as
have read only Sydenham's works, or au-
thors who treat of inflammatory fevers only,
that it is most adviseable for the inexperi-
enced in such climates to abstain altogether
from its use, and to trust the safety of their
patients in such cases to vomits, and the
early

early application of blisters, together with the use of Tartarum Emeticum, in small doses, or of other antimonial medicines of gentle operation, during the fever, and the bark upon its first remission; which will be found the most successful and judicious method of treating those fevers.

In dangerous cases, the bark ought to be administered in wine, to the quantity of an ounce and an half in 10 or 12 hours, and an ounce every 24 hours afterwards. If rejected by the mouth, it may be given in clysters in double that quantity. Here it is proper to observe, that this remedy may be administered in large quantities with the utmost safety. I have often, in England, given an ounce of it in less than six hours, even when the stomach was weak, and the patient low, without observing the least inconvenience, complaint of sickness, or reachings; and I have had patients, who in less than three weeks have taken 14 ounces of the bark in substance; and there was even an absolute necessity for their taking that quantity.

It should be considered, that Dr. Sydenham's judicious practice was local; it was confined not only to England, but to a particular and very healthy spot of it, London: and it is probable, that if the Doctor had practised at the distance of only a few miles from the metropolis, in the low grounds of Sheerneys, and that neighbourhood, he would not have found the operation of bleeding so universal a remedy for most fevers.

Had this eminent physician been acquainted with the usual autumnal fever of several countries of Europe, and with the great mortality produced by its rage in hot climates, he would not have ventured to pronounce a continual fever, of about 12 or 14 days duration, the most constant and primary fever of nature, to which the medical precepts of the ancient physicians were chiefly applicable. In this fever, after bleeding and a vomit, the safety of the patient was to be intrusted in a great measure to Nature, as the principal agent of the cure, by means of the fever itself, which was always thought the salutary instrument of a recovery;

recovery; a practice and a theory by no means applicable to the fevers which attack Europeans in Guinea.

The main intention of this treatise is to guard all such as go abroad against the malignant diseases of foreign climates; where the indisposed do too frequently suffer from an unskilful treatment in their sickness.

We are sorry to say that this too often happens under the management of some who may be really ignorant, or of others so totally devoted to a particular local system of practice, as never to allow themselves either to act or to think contrary to its established rules. In this work we shall therefore endeavour to suggest some medical hints, for the information of these physicians and surgeons who have had no opportunity of acquiring experience in the treatment of the diseases of warm climates.—For further particulars we refer them to Part III. Chap. I.

We take this opportunity likewise to inform them, that the directions here given
relative

relative to medical practice, not only on the coast of Africa, but in several other parts of the world, have been sent out of England by different gentlemen, and copies of them have been dispersed in several of our factories abroad; where they have been experienced and approved as the most successful methods of treating fevers, not only in our men of war, but in many of our settlements, especially in Africa. Several copies of them are there to be seen, transcribed from what were given to surgeon Oates and others, above three years ago; and I have frequently had the satisfaction of being informed, that they are now become the standard rules of a regular and successful practice in those parts of the world.

In Guinea, the loss of a small quantity of blood, in the beginning of a fever, does often neither good nor hurt; and there are diseases incident to Europeans in that part of the world, especially in the dry season, which may require even a repetition of that operation.

But during the wet or sickly season, in the case of Europeans afflicted with the fever, common there, it is seldom necessary to take away blood; and large and repeated bleedings are attended with fatal consequences. Nothing can be a plainer proof of the disposition of the air in this country, to produce remitting and intermitting fevers, than the common observation, that those who have had obstinate agues in England or Holland, almost constantly suffer a relapse when they come on this coast.

S E C T. III.

Of the Canaries. Cape de Verd Islands. The Islands of St. Thomas, Princess, Ferdinando Po, St. Helena. Cape of Good Hope. Madagascar. Mascarenhas. Mauritius. Eastern Shores of Africa.

BEFORE we take our leave of the coast of Africa, we shall observe, as to the African islands,—That the Canaries are blessed with a temperate, pure and whole-

wholesome air. No sooner were the English officers landed there, when brought sick from Senegal, than they found an immediate and satisfactory alteration in their health.

There they no longer felt the scorching heat of a meridian sun, tempered with no refreshing breezes, and no cool air; from which impenetrable surrounding woods had before debarred them. They were no longer sensible of the sudden and piercing chillness of the evenings, nor tortured with swarms of blood-sucking gnats and flies. It was indeed surprising in how short a time they recovered their health, strength and colour, in those delightful islands.

Passing from the Canaries to the Cape de Verds, we find St. Antonio and St. Nicholas, the only two islands in that cluster, where strangers are exempted from a general sickness during the rains. This sickness is still more violent in the island of St. Thomas, Princess island, and Ferdinando Po.

It is in the island of St. Helena, to the southward of all these, that the English
§ planters

planters retain their health, complexion, and a vigorous constitution, during all the seasons of the year, and live to as great an age as in Europe.

After passing the fruitful, pleasant and healthy Dutch settlements at the Cape of Good Hope, we come to the large island of Madagascar. Here the companies of many European ships have been restored to health, when afflicted with the scurvy, especially if they arrived in the dry season; for during the rains this island is very unhealthy, particularly the Bay of St. Augustine and Fort Dauphin, the two places where European ships commonly anchor. The *Terpsichore*, an English man of war, was a melancholy example of this, as, from being there during the rainy season, she lost a number of her men and officers.

The same may be said of the Mascarenhas, Mauritius, and the barren island of Diego Reys. The French fort at Bourbon is not however so unhealthy at this season as the Bay of St. Augustine in Madagascar.

As to the eastern shores of Africa, we shall only remark, that Mozambique is reckoned unhealthy; and that the country of Quiola proved so fatal to the Portuguese, that they were obliged to abandon all their settlements upon it: whereas the great city and country of Melinda is said to be tolerably healthy.

CHAP. III.

Diseases in the East Indies.

SECT. I.

*Periodical sickness in the English factories in
Arabia and Persia, &c.*

IN proceeding on our course to Arabia, Persia, and India, and taking a view, as we pass along, of the principal English factories established in those countries, we find, that at Mocha in Arabia, at Bassora on the gulph of that name, and at Gambroon in Persia, the European factors are annually subject to a periodical sickness for a few months of the year.

Having now got into that part of the globe commonly called the East Indies, or

more properly the southern parts of Asia, upon a general survey of the state of things there, we find—That the countries which are well improved by human industry and culture, such as China *, and several other places in that part of the world, are blessed with a temperate and pure air, salutary to the European constitution. On the other hand, the woody and uncultivated parts of India, viz. the islands of Java and Sumatra, the islands of Negrais, where the English lately attempted to make a settlement, Banda, one of the Dutch spice islands, and several others, have proved fatal to a multitude of Europeans and others, who have been accustomed to breathe a purer air.

* The numerous European factors who frequent China suffer no inconvenience from that climate, further than that, in the month of November, the men in those ships which lie near to Wampoa, in the river of Canton, are subject to agues, occasioned by the north-west winds, which passing over some swampy rice grounds, commonly blow at that season. This disease seldom proves fatal, but is apt to harass the patient for the two succeeding months, if he continues on that spot. The English, whose constitutions have suffered by residing in the more unhealthy parts of India, find great benefit by being removed to Canton.

But

But in all spots of the East Indies situated near the muddy and impure banks of rivers, or the foul shores of the sea, the vapours exhaling from the putrid stagnated water, either fresh or salt, from large swamps, from corrupted vegetables, and other impurities, produce mortal diseases, especially during the rainy season.

There is a place near Indrapour in Sumatra, where no European can venture to remain, or sleep one night on shore during the rainy season, without running the hazard of his life, or at least of a dangerous fit of sickness; and at Podang, a Dutch settlement on Sumatra, the air has been found so bad, that it is commonly called the Plague Coast. Here a thick pestilential vapour or fog arises after the rains, from the marshes, which destroys all the white inhabitants.

S E C T. II.

*The four English Presidencies in India,
Their comparative degrees of health,
& Diseases.*

THE English have in this part of the world four presidencies or governments, to which all their other factories are subordinate, and upon which they depend, Madrafs, Bengal, Bombay, and Bencoolen. Of these the climate of Bencoolen has proved the most sickly and fatal, not only to the English, but to all who have been accustomed to live in a pure air.

In the year 1763, upon the cession of Manilla to the Spaniards, by the last treaty of peace, many Chinese merchants, with their families, quitted that place, in order to settle under the English government at Bencoolen: but the air of this country proved so fatal, that most of those Chinese and their families died soon after their arrival. Many English have also fallen a sacrifice to the intemperature of this climate; and indeed very few of them survived, until they

they built a fort on a dry elevated situation, at the distance of about three miles from the town. It is called Fort Marlborough; where, during the rage of sickness at Bencoolen, the garrison is sometimes very healthy.

Next to Bencoolen, of all the English factories, the climate of Bengal proves the most fatal to Europeans. The rainy season commences at Bengal in June, and continues till October: the remainder of the year is healthy and pleasant. During the rains, this rich and fertile country is almost quite covered by the Ganges, and converted as it were into a large pool of water. In the month of October, when the stagnated water begins to be exhaled by the heat of the sun, the air is greatly polluted by the vapours from the slime and mud left by the Ganges, and by the corruption of dead fish and other animals. Diseases rage among the Europeans in the months of July, August, September, and October, attacking chiefly such as are lately arrived. Here, as in all other places, sickness is more frequent and fatal in some years than others. The

distempers are fevers of the remitting or intermitting kind; for though sometimes they may continue several days without any perceptible remission, yet they have in general a great tendency to it, and are commonly accompanied with violent fits of rigors or shiverings, and with discharges of bile upwards and downwards. If the season be very sickly, some are seized with a malignant fever, of which they soon die. The body is covered with blotches of a livid colour, and the corpse in a few hours turns quite black and corrupted. At this time fluxes prevail, which may be called bilious or putrid, the better to distinguish them from others which are accompanied with an inflammation of the bowels. In all those diseases at Bengal, the lancet is cautiously to be used.

It is a common observation, both at Bengal and Bencoolen, that the moon or tides have a remarkable influence on intermitting fevers; and I have been informed by a gentleman of undoubted veracity, and of great knowledge in medicine, that at Bengal he could foretel the precise time when the patient

patient would expire, it being generally about the hour of low water.

Thus much is certain, that in the year 1762, after a great sickness, of which it was computed 30,000 blacks, and 800 Europeans died, in the province of Bengal, upon an eclipse of the moon, the English merchants and others, who had left off taking the bark, suffered a relapse. The attack of this fever was so general on the day of the eclipse, that there was not the least reason to doubt of the moon's influence*. These observations furnish an useful hint, which is to

* In this sickness, a constant vomiting of a tough white pellucid phlegm, accompanied with a continual diarrhoea, was deemed the most mortal symptom. Bleeding was attended with fatal consequences; but the administration of the bark, upon the least remission of the fever, with its continuance for some time afterwards, was recommended to every captain and surgeon of the ships in the river of Bengal.

All naval and other sea-surgeons, whose ships are bound to the East Indies, should take with them ten times the usual quantity of bark, and upon this account be excused from taking other drugs not wanted in that climate, as bark is procured there with great expence and difficulty.

take

take doses of bark at the full and change of the moon, as being the seasons most dangerous for an attack or relapse into those intermitting fevers *.

But,

* As no accurate account has hitherto been published of the appearance of this fever in India, I will give some ingenious observations made on it at Bengal, Ann. 1762, by my friend Dr. Lind, which will also serve to prove the great similitude of this fever with those of other hot climates. “ Impetus morbi plerumque subitaneus est, et incipit sensu debilitatis, ac ingenti spirituum prostratione; accedunt frigiditas modo major, modo minor, vertigo, nausea, capitis et lumborum acerrimi dolores, manuumque tremores; vultus est pallidus, cutis vulgo arida et constricta, oculi languidi ac graves, celer, at exilis pulsus, anhelitus plerumque difficilis et singultibus interceptus.

“ Progrediente paroxysmo, algores caloribus vagis intermiscentur; hicce calor brevi factus violentus permanet, augetur nausea, et in quibusdam vomitus supervenit, unde magna copia bilis rejicitur; nec raro per alvum bilis quoque dejiciebatur; rubescit cutis, tumidi oculi et interdum haud parum inflammati sunt: pulsus evadit plenior, et anhelitus difficilior, cum magna inquietudine, et siti importuna; attamen, propter nauseam, potiones æger fastidit omnes; lingua fit fordida; ac dolores capitis et lumborum ingravescent; delirium supervenit; lenis in facie apparet mador, qui sensim deorsum diffusus, decresciente symptomatum violentia, remissionem in-

“ stare

But, to quit Bengal, let us proceed to observe,—That though the air in the English presidency of Bombay is not so pure
as

“ stare demonstrat, eaque profusis sudoribus perficitur.

“ Remittente febre, pulsus fere ad naturalem conditionem redit; manent tamen capitis atque lumborum dolores, licet leviores, ut et sapor oris ingratus, ac prostratus appetitus.

“ Ingravescente morbo, remissionem vix notabilem
“ mox sequebatur alius paroxysmus, qui sane haud ita
“ magno tremore incepit; majore tamen capitis dolore,
“ summa solitudine, cardialgia, nausea, vomitu, bilisque dejectionibus; vomitus et dejectiones tamen
“ plerumque albi coloris erant calcis aqua commistæ,
“ vel lactis illius quod lactentes evomunt, adinstar,
“ quando materia coagulata plurimum contrita est.
“ Fervor, immodica sitis, ac deliria eveniunt. Lingua
“ evadit squalidior, ac, una cum dentibus et interiore
“ labiorum parte, nigra crusta obtegatur; spiritus calet
“ foetetque; inchoatur de novo remissio cum sudore;
“ ea tamen spatio temporis est brevior, nec æque ac
“ prior conspicua.

“ Alteram hancce remissionem sequitur paroxysmus,
“ in quo symptomata prioribus longe erant violentiora;
“ vomitus ac dejectiones magis foetebant; lingua,
“ dentes, ac labiorum interiora non modo atra integebantur crusta, verum lingua adeo arebat rigebatque,
“ ut voces parum distincte efferrentur; deliria gravia,
“ inquietudo,

as at Madrafs, yet it is much more wholesome than at Bengal; the coast of Malabar being

“ inquietudo, et molestia, durante pyrexia, maxime
“ fiebant; nec prius tollebantur, quam supervenerint
“ remissio ac sudores.

“ Si febris ita invaluerit in tertio paroxysmo, ut mors
“ sequatur, quod sæpius obtigit, nonnulli ægri comatofi
“ evaserunt; in aliis delirium est vehementius,
“ Excreta foetida, ac haud secus quam cadaver olent;
“ exonerationes sunt involuntariæ; pulsus celer, exiguus,
“ et irregularis, adeo ut vix dinumerare aut sentire
“ queas; gelidus toto manat corpore sudor, præcipue
“ circa caput et collum; facies fit Hyppocratica, et
“ convulsa; ægroti stragula carpunt, et floccos legunt;
“ subit tendinum subsultus; in tergo solum recumbunt,
“ sensim ad imam lecti partem dilabuntur; extremitates
“ evadunt frigidæ ac lividæ; dein corripuntur
“ convulsionibus, quæ tragoediam claudunt;

“ Vis solis ac lunæ ad Bengalam mirabiliter ad recedivam
“ hunc morbum perpeffos proclives efficit; unde
“ hanc inter causas excitantes morbi annumerare possumus;
“ est enim ita insignis, ut ægrotus, qui octo aut
“ decem diebus convaluit, in summum recidivæ adductus
“ fuerit periculum, antequam lucidum cœli decus plenum
“ orbem impleat, aut sub interlunium, ni cortex
“ Peruvianus inhibendi causa detur. Documenta tam
“ multa sunt ac res ipsa ita cunctis Bengalæ degentibus
“ innotescit, ut modo dixisse sufficiat. Quosdam
“ ipse vidi, qui nonnisi sub ipso plenilunio et interlunio
“ paroxysmum, et tum unicum tantum, habuere;
“ qui tamen facili negotio arceri potuit, si cortex Peruvianus

being pretty healthy, though inferior in this respect to the coast of Coromandel.

“ vianus paucos dies ante expectatum accessionis
“ tempus exhibitus, ac usque quo illud sit elapsum
“ continuatus fuerit, in hujuscemodi casu febricitanti
“ cuidam puero mauro ipse sanantes porrigebam
“ manus, morbum usque ad quatuor paroxysmos quo-
“ vis plenilunio et interlunio tuto redeuntis permisi,
“ ut prius rem ipsam exploratam haberem, quam
“ corticem coërcentem admoverem.

“ Nov. 16. Cal. Ann. 1762. Tempore pomeridiano,
“ solem haud parum lumine defectum vidimus; ac
“ cum antea sub serena cœli facie, ex nimis æstu la-
“ borabamus, mox inter maximam obscuracionem aër
“ multum algebat. Tunc temporis remittens febris,
“ qua tenebatur D. Macquire à præfecto in concilio
“ tertius, subeunte solis defectu, exacerbata est; eodem
“ vero transeunte, evanuit. Ægroti vero qui tum
“ nostra sub cura erant non admodum afficiebantur.

“ Subitos ac violentos lunæ effectus tum præcipue
“ observavimus quatuor, nonas Novembris, hora circiter
“ secunda matutina, quo tempore terra interposita ra-
“ dios interceptit solares; in eo temporis articulo haud
“ pauciores octo nautarum ex nave Drake, qui ad
“ Calcuttam in ædibus præfecti navis ex febribus con-
“ valescebant, eodem fere temporis puncto, vehe-
“ mentissimo paroxysmo sunt correpti; et idem plurimis
“ evenit qui in nave fuere collegæ nostri curæ deman-
“ dati.” *Diff. Inaug. Med. De Febre Putrida in*
Bengalia Ann. 1762. Aut. JAC. LIND.

The island of Bombay has of late been rendered much more healthy than it was formerly, by a wall which is now built, to prevent the incroachment of the sea, where it formed a salt-marsh, and by an order that none of the natives should manure their cocoa-nut trees with putrid fish. The rains begin here sometimes in May, but more frequently in June, and for four months are very violent.

At Surat and Tellicherry, on the same coast, Europeans generally enjoy a good state of health.

Madrafs is esteemed the most healthy government belonging to the English: and indeed the air of the whole coast of Coromandel is in general pure and temperate, in respect of many other parts of India, not only at Madrafs, but at St. Davids, Cudalore, and at Negapatnam the Dutch presidentship on this coast. The rains do not begin here until October, and continue during the months of November and December. The more violent the rains are, the shorter is their duration. The quantity of rain, however,

however, which falls at Madrafs, is considerably less than what falls either in the kingdom of Bengal or coast of Malabar.

S E C T. III.

The settlements of other European nations in India. Medical directions. Mr. Ives's curious observations made in a journey from India to Europe by land.

MANILA, in the island of Luconia, on account of the purity and healthy temperature of its air, may justly be reckoned the Montpelier of all the settlements established by other European nations in that quarter of the globe.

The Danish settlement at Tranquebar is extremely healthy, as evidently appears from the florid countenance of the Danes in that place.

Pondicherry, the capital of the French in India, is far from being unhealthful. The
same

same may be said of Goa, the residence of the Portuguese viceroy in that part of the world : whereas Batavia, the capital of the Dutch dominions, is annually subject to a fatal and consuming sickness.

Upon this occasion we cannot help remarking, that a daily and familiar observation of the fatal errors and mistakes committed by the young, thoughtless and ignorant, does not much excite our wonder ; but we are apt to be struck with astonishment, when we find that the founders of great towns, and the governors of extensive provinces, through ignorance or mistakes, have exposed populous and magnificent cities to an annual and pestilential destruction. This seems to be the case at Batavia ; where the Dutch, in endeavouring to make this their capital in India, to resemble their cities in Europe, have adorned it with canals or ditches intersecting each other, and running through every part of it. Those canals, replete with water, may perhaps serve for some use, or rather for ornament ; but notwithstanding the utmost care to keep them clean, in the hot and unwholesome
climate

climate of Java, during and after the rainy season, they become extremely noxious to the inhabitants, but more particularly to strangers. The unwholesome air of that place alone has cut off more Europeans than have fallen by the sword in all the bloody wars carried on by the Dutch in that part of the world. In June the rains begin at Batavia: July and the succeeding months are the most unhealthy.

It is remarkable, that excepting a very fatal scurvy which raged in our fleet at sea in the last war, the English ships of war which then touched at Batavia, suffered more by the malignant and fatal diseases of that climate, than they did in any other part of India. Soon after the capture of Manila, the Falmouth, a ship of 50 guns, went to Batavia, where she remained from the latter end of July to the latter end of January; during which time she buried 100 soldiers of the 79th regiment, and 75 of the ship's company; not one person in the ship having escaped a fit of sickness, except her commander Captain Brereton.

H

The

The Panther, a ship of 60 guns, was there in the years 1762 and 1764, but both times most unhappily during the rainy season. In the former of those years she buried 70 of her men; and 92 of them were very ill when she left that place. In the year 1764, during a short stay there, 25 of her men died. The Medway, which was in company with her, lost also a great number of men. And it was particularly observed, that the sickness raged with the greatest violence when the rains abated, and the sun had evaporated the water in the ditches, so that the mud began to appear. The stench from the mud was then intolerable.

The fever at that time was of the remitting kind. Some were seized suddenly with a delirium, and died in the first fit; but none survived the attack of a third. The surgeon of the Panther imputes his preservation to the taking as much of the bark every hour, in claret wine, as his stomach would bear, beginning the use of this remedy immediately upon the first remission of
of

of the fever. We may form some idea of the Dutch practice in this part of the world, when we find that, by the advice of four of their physicians, the bark was administered to Captain Matheson of the Panther, notwithstanding a remission of his fever could not be procured: such was their opinion and confidence in that medicine. But this gentleman, with many of his men, fell a sacrifice to the intemperature of that climate. Nor was the sickness at that time confined to the ships: the whole city afforded a scene of disease and death; streets crowded with funerals, bells tolling from morning to night, and horses jaded with dragging the dead in herfes to their graves.

At that time a slight cut of the skin, the least scratch of a nail, or the most inconsiderable wound, turned quickly into a putrid spreading ulcer, which in twenty-four hours consumed the flesh even to the bone. This fact is so extraordinary, that upon a single testimony credit would hardly be given to it; yet on board the Medway and Panther they had the most fatal experience of it, and suffered much from it.

Besides these malignant and remitting fevers, which rage during the wet season, and some time after it, in the unhealthy parts of the East Indies, Europeans, especially such as live intemperately, are also subject to fluxes, and to an inflammation or disease of the liver; which last is almost peculiar to India, and particularly to the Coromandel coast.

Fluxes are seldom here accompanied with inflammatory symptoms, the discharges being chiefly of a putrid or bilious nature: they are removed by administering first a vomit, then rhubarb, and lastly ipecacoanha, in small doses. After the bile and other putrescent humours have been thus sufficiently evacuated, opiates, with a diet of rice, and such food as is antiseptic, must be prescribed.

The disease of the liver is generally preceded by a high fever, a difficulty of breathing, and a violent pain fixed in the right side upon the seat of the liver, to which the sick person often applies his hand, seeking for relief. On its first attack, the patient should

should lose blood, and the part ought to be bathed with a warm relaxing and discutient fomentation; or a blister may be applied to it. When, by bleeding, the fever is somewhat abated, a gentle purge or clyster being previously administered, immediate recourse must be had to Mercury, as a specific for this disease. A gentle salivation of 15 or 20 days continuance, must be raised by means of mercurial ointment rubbed upon or near the affected part, together with the use of mercurial pills or calomel taken occasionally.

The livers of those who died of this disease were found in a putrid state, resembling an honey-comb. I gave mercurials with good effect to a number of patients under my care, who came from the East Indies, and who suffered from a return of this disease when in England. In three cases, where mercury was not administered, the liver came to a suppuration, of which two of the patients died. The use of Mercury in such cases may appear empirical; but by the experience of all who have practised physic in India, it has been approved as a

most safe and excellent method of cure. Sailors, who do not eat green vegetables, are apt to be likewise afflicted in India with the scurvy, accompanied with large and spreading ulcers, as also with scorbutic fluxes: for the cure of which, see my Treatise on the Scurvy *.

In

* I have been favoured with the following observations by Mr. Bogue, an ingenious surgeon at Titchfield.

“ The diseases most fatal at Calcutta, while I was
“ there, in 1757, began with the rainy season, and were
“ obstinate putrid intermitting fevers. The cold fit,
“ which was excessively violent, continued often for
“ twelve hours; and as the fever returned every day,
“ the patients had not above four or five hours respite
“ from it. During the rains, and for some time after,
“ we had sick, at the same time, in this place, one
“ half of the men of the squadron under the command
“ of the admirals Watson and Pocock. Out of three
“ ships of the line, and a 20 gun ship, and those not
“ fully manned, we lost in six months upwards of
“ 200 men, most of whom died of these fevers.

“ Camphire was found the best medicine in the fit,
“ Bark and other antiseptics were administered in large
“ quantities, after first giving an emetic, and emptying
“ the bowels. This fever reduced the patients in
“ general to such a weak state, that Mr. Ives, then
“ surgeon of that hospital, judged it absolutely neces-
“ sary

In India the European women in general enjoy a much better state of health than
the

“sary to give arrack in their boiled rice to those who
“were on the recovery, or who had not the disorder
“in a violent degree. He likewise generously supplied
“them with Madeira wine.

“In the inflammatory fevers preceding the rainy
“season, bleeding with caution was found of service ;
“but as soon as the rainy season set in, the lancet was
“seldom or never used.

“A salivation generally cured the disease of the
“liver, if the spitting was brought on before matter
“was formed. In some the mercury produced a
“looseness, which also cured the patient. In inflam-
“mations of the liver, when it adhered to the perito-
“næum, which was generally the case, and a tumor
“appeared externally, it was several times opened
“with success.—Of which the following is an in-
“stance.

“A seaman, aged about thirty-five years, was sent
“very ill of the scurvy, in the end of May 1759,
“to his Majesty's hospital, under my care, in the ab-
“sence of the surgeon at Negapatnam, a Dutch settle-
“ment on the Coromandel coast. Soon after his
“coming on shore, he was seized with a scorbutic
“flux, and a few days afterwards complained of a
“pain in his right side. In these circumstances, as
“the flux continued, and several livid scorbutic spots
“had appeared on his limbs, with a contraction of

the men. Child-bearing is, however, peculiarly fatal to them at Calcutta; on which

“ both knees, I judged it improper to give mercurials; so that a large tumor shewed itself on that side, pointing externally, with matter beginning to form. I forwarded the suppuration with poultices; and on the 13th of July, in the cool of the evening, being about a month after his first complaining of the pain of that side, I laid the tumor open about six inches, and let out near three pints of well digested matter. I then introduced my hand into the left lobe of the liver, which I found almost entirely suppurated, and containing several honeycomb cavities, the edge of the liver adhering to the peritonæum. He was dispirited on the thoughts of its being opened, but bore the operation better than could be expected in that low state, to which he was reduced.

“ I cautiously filled the cavity with dry soft lint, and gave him a julep, with the tincture of bark, to take frequently. Next morning after the operation, there was a large discharge of good matter, and I found one sinus leading obliquely down towards the navel, and another towards the back, each about two inches in length. I laid them both open to the bottom; and these were the only openings I had occasion to make, though I found another sinus leading towards the chest. That day I dressed him as before, and the next day, after having fomented, I threw into the cavity an injection of barley-water, and tincture of myrrh, which I repeated three or four times, until I thought the parts were sufficiently
“ cleansed

which account it would be advisable for them to retire to a more healthy situation at the approach of their delivery.

We

“ cleansed of matter. I continued to dress with lint
“ preferably to any other application, on account of
“ its giving no uneasiness, and of its absorbing qua-
“ lity. I gave him the bark in substance, as soon as
“ his stomach would bear it.

“ During the first fortnight I dressed him twice a
“ day, there being then a great discharge. The cavity
“ afterwards filling up fast, and the quantity of mat-
“ ter lessening, he was dressed only once in 24 hours,
“ but still continued to take the bark. In three weeks
“ the wound was not more than an inch deep, and
“ but two inches in length, florid granulations daily
“ forming; and towards the end of August, the parts
“ being almost cicatrized, the patient was sent on
“ board his ship to do duty, the admiral expecting
“ every day to meet the French squadron. He was
“ killed on the 10th of September following, in the
“ action between the English squadron commanded
“ by admiral Pocock, and the French by count
“ D'Ache.

“ In some of those whose liver came to a suppura-
“ tion, I have known instances where the matter has
“ been so acrid, as not only to corrode, but to dissolve
“ the cartilages at the extremities of the false ribs, and
“ likewise part of those ribs.

“ The

We shall conclude this cursory account of the diseases in the East Indies, and of the
compa-

“ The following observations were made on the
“ bodies of two persons who died of this disease, after
“ the liver had suppurated. In a man aged 60, I laid
“ open about seven inches in length of a very large
“ tumor of the right lobe of the liver pointing ex-
“ ternally, and let out at least two quarts of foetid
“ matter. I treated it much in the same manner as
“ the preceding case, and for the space of one month
“ not without great hopes of a cure, though the in-
“ carnation was always more slow than in the other
“ patient. He was seized with a flux, which conti-
“ nued more or less until his death, which happened
“ in five months after the opening of this tumor.

“ During the last four months the appearances fre-
“ quently varied ; sometimes they flattered us, but not
“ to so great a degree as before he was seized with the
“ flux. The aliment was discharged undigested
“ through the ulcer a little before he died ; and on
“ opening the dead body, I found the right lobe of
“ the liver almost entirely consumed, the remains
“ adhering in part to the stomach, in which there
“ was an opening equal to a half-crown piece, and
“ through it the food had passed to the liver. The left
“ lobe was a little enlarged, and all the bowels of the
“ abdomen were in an inflamed state. In the patient
“ of another surgeon, upon opening the thorax, the
“ lower part of the right lobe of the lungs was found
“ slightly

comparative degrees of health enjoyed by Europeans in different parts of it, with a few extracts from Mr. Ives's accurate observations, made on his travels from India to Europe by land: this gentleman having for three years been surgeon to his Majesty's naval hospital in the East Indies.

“ slightly adhering to the diaphragm, and its blood
“ vessels full and enlarged; the upper part of that
“ lobe, together with the left lobe of the lungs and
“ the heart, were all in a sound state.

“ Upon inspecting the abdomen, that part of the
“ right lobe of the liver which lies contiguous to the
“ ribs, was almost entirely suppurated through its
“ whole substance, as far as the diaphragm: where
“ it had not suppurated, the blood-vessels were most
“ of them ruptured. On introducing the hand be-
“ tween the peritonæum and liver, there issued from
“ two large abscesses three pints at least of a crude
“ sanious matter. The right lobe extended itself into
“ the cavity of the breast of that side, quite to the
“ third true rib. The gall-bladder was in a healthy
“ state, and full of bile; the ductus communis choli-
“ dochus was wholly free from obstructions; but the
“ omentum was partly mortified. The stomach was
“ sound, but much distended with wind, and the
“ vessels on the intestines in a state of plenitude.
“ The kidneys, spleen, mesentery and pancreas were
“ perfectly sound.”

“ After

“ After leaving the unhealthy kingdom
“ of Bengal, we arrived, on the 9th of
“ March 1758, at Gambroon in Persia.

“ The climate here is very unhealthy.
“ Few Europeans escape being seized with
“ putrid intermitting fevers, which rage
“ from May to September, and are often
“ followed with obstructions in the liver.

“ Mr. Parker, surgeon to this factory, is
“ much esteemed for his medical know-
“ ledge. He has been so successful in prac-
“ tice, that the English, during his resi-
“ dence among them for two years past,
“ have buried only one of their number.
“ His method of treating those fevers is,
“ after the administration of an emetic, to
“ order two scruples of the bark, twelve
“ grains of the salt of wormwood, and
“ twelve grains of the powder of snake-
“ root, to be taken every hour. Seven or
“ eight doses of this medicine effectually
“ prevented the return of the fit, and a re-
“ petition of them, within six or eight
“ days after, secured the patient against
“ any relapse,

“ Various

“ Various authors who have treated of
“ Gambroon, do, as well as the present
“ English factory, impute its unhealthful-
“ ness during the summer months to the
“ noxious effluvia with which the air is
“ contaminated, from the great quantities
“ of blubber fish left by the sea upon the
“ shore, which very soon become highly
“ putrid and offensive.

“ Upon the 30th of March we came to
“ the island of Karec, in the Persian gulph.
“ Mynheer Tullick, surgeon to this Dutch
“ factory, informed me, that in the rainy
“ seasons, intermitting fevers and fluxes
“ are the usual distempers.

“ After sailing up the river Tigris from
“ Bassora, we arrived at Bagdat. In this
“ city, supposed to contain 500,000 souls,
“ a purple fever then raged; but though it
“ was computed that an eighth part of the
“ inhabitants were ill, yet the distemper
“ was far from being mortal. Here we
“ were informed, that the Arabs had broken
“ down the banks of the river near Bas-
“ for,

“ for a, with a design to cover with water
“ the desarts in its neighbourhood. This,
“ it seems, is the usual method of revenge
“ taken by the Arabs, for any injury done
“ them by the Turks in Bassora; and was
“ represented to us as an act of the most
“ shocking barbarity, since a general con-
“ suming sickness would undoubtedly be
“ the consequence. This was the case
“ fifteen years before, when the Arabs, by
“ demolishing the banks of this river, laid
“ the environs of Bassora under water. The
“ stagnating and putrifying water in the
“ adjacent country, and the great quantity
“ of dead and corrupted fish at that time
“ lying upon the shore, polluted the whole
“ atmosphere, and produced a putrid and
“ most mortal fever. Of this fever be-
“ tween 12 and 14,000 of the inhabitants
“ died, and at the same time not above two
“ or three of the Europeans who were set-
“ tled there escaped with life: So dreadful
“ are the effects of corrupt stagnating wa-
“ ters, in such sultry climates! A Bashaw
“ was lately dispatched to Bassora, to use
“ his utmost endeavours to prevent this
“ calamity,

“ calamity, by repairing the banks, and by
“ preserving the course of the river within
“ its proper channel.

“ Towards the end of May we found
“ the heat at Bagdat excessive, and almost
“ intolerable to our European constitutions.
“ We were advised by our friends to re-
“ main there until the month of October.
“ They represented to us the increasing
“ heat of the weather, and the violence of
“ it in the desarts of Arabia, but particu-
“ larly the danger of meeting with those
“ pestiferous and mortal blasts called Sa-
“ miels, in passing the desert.

“ This is a sudden gust of wind, to
“ which travellers are exposed in the de-
“ sarts, sometimes towards the middle or
“ the end of June, but more frequently in
“ the months of July and August, when it
“ brings instantaneous death to every man
“ or beast that happens to stand with his
“ face towards it. Providentially however,
“ a certain though short warning of its ap-
“ proach is given, by a sensible alteration
“ of the air. When this is perceived, all

“ travellers, together with their horses, ca-
“ mels, &c. must lie prostrate upon the
“ ground, with their faces downwards, and
“ their feet towards the Samiel, and con-
“ tinue in that posture until it is passed,
“ which is the only means of safety. This
“ pestiferous vapour quickly passes, and
“ commonly does not expand itself far,
“ but runs as it were in streams of no great
“ breadth; so that travellers, at a few miles
“ distance from each other, are exposed to
“ different Samiels, and some of them may
“ be so fortunate as to escape them. The
“ Samiels may be in some measure shunned,
“ by travelling only in the night during
“ those months.

“ To avoid the great desert, when we
“ left Bagdat, we took the road to Mosul,
“ and on the 5th of July arrived at that
“ city. Here I learned from a Carmelite
“ friar, who acted as physician to the Ba-
“ shaw, that the common diseases in this
“ place were ardent fevers and dysenteries
“ in the summer, and intermitting fevers
“ during the wet season. I understood from
“ him, that the bilious obstructions and
“ swellings

“ swellings of the liver were as frequent
“ here as in India. This place had lately
“ contained 300,000 inhabitants; but a
“ famine, and the sickness which followed
“ it, had greatly reduced the number.

“ In our journey we passed through Ni-
“ zibin, a place remarkable for its bad air,
“ and bad water; which the same famine
“ and sickness had almost depopulated.

“ After undergoing many difficulties, we
“ at length, on the 5th of August, arrived
“ at Aleppo*. As we performed this long
“ journey in the warmest months of the
“ year, I shall now relate what effect the
“ intolerable heats had upon our constitu-
“ tions.

“ They produced an entire loss of appe-
“ tite, a faintness and gripes, with frequent
“ and bilious stools; which greatly exhaust-
“ ed our strength. My stomach was often
“ so weak, that it could receive only a little

* For the diseases frequent in this place, see Dr.
Russel's treatise on that subject.

“ milk. Several of us became feverish,
“ through the excessive heat, and were ob-
“ liged to have recourse to gentle vomits,
“ sometimes with good effect, to Dr. James’s
“ powders, to take off the fever, and small
“ doses of calomel and rhubarb, to cleanse
“ our bowels from a sharp and acrid bile.
“ Though we were furnished with the most
“ ample conveniencies for travelling, which
“ money, or the strongest recommendations
“ to the principal Christians, as well as Ma-
“ hometan chiefs, could procure, and had
“ laid in a quantity of excellent Madeira,
“ claret, and other provisions, &c. &c. yet
“ most of us suffered in our constitutions,
“ by this long and fatiguing journey.

“ Such as travel this way in the sultry
“ season, should set out early in the morn-
“ ing, or rather travel only in the night,
“ and always, if possible, in a covered lit-
“ ter, called a Tackaravan.

“ The travellers must seek for repose
“ during the heat of the day, in a hut, or
“ house, if it can be had, well sheltered
“ with a close thick roof;—or they must
“ endea-

“ endeavour, if possible, to sleep near the
“ banks of a river; and in that case a single
“ tent, not painted, will afford an abode
“ the most commodious, next to that of a
“ house, if the canvas be kept constantly
“ wet by the servants, from trenches full
“ of water cut round it.

“ We found lemonade, made with the
“ extract or juice of lemons, the most grate-
“ ful and cooling drink, during the sultry
“ heats of the day; but a glass of strong
“ wine was absolutely requisite in the even-
“ ing, to repair our exhausted strength and
“ spirits. The stomach must never be op-
“ pressed with full meals.

“ The traveller must not forget to pro-
“ vide himself with some alum, as the
“ water of the Euphrates and the Tigris,
“ though wholesome, is apt to be muddy.
“ We added a quarter of an ounce of pow-
“ dered alum to six or seven gallons of wa-
“ ter, and in about an hour and an half
“ afterwards the water became quite pure
“ and transparent. We found no inconve-
“ nience from the alum; and I am inclined

“ to think alum is not only an excellent
“ purifier of thick muddy water, but that
“ in hot climates it cools the body, and
“ braces up its relaxed fibres *.”

* It is a common practice among some apothecaries to put a small quantity of alum in their distilled simple waters, when foul; which quickly renders them clear and transparent. Though this addition of alum makes the water somewhat hard, yet the small quantity requisite for the purpose does not seem to make common water harder than the Bristol water, so much esteemed in Jamaica and other hot countries, great part of the alum being precipitated with the fæces of the water.

CHAP. IV.

Diseases in the West Indies.

SECT. I.

Comparative degrees of health in the English settlements. Of the French, the Dutch, the Spanish settlements. Diseases. The yellow fever. Whence its most mortal symptoms. A disease similar to it in Cadiz: The most violent symptoms of this fever, and of the flux, mitigated by a change of air. The English, French and Dutch accounts of the Diseases in the West Indies. The dreadful mortality occasioned by them among the English at the Bastimentos, Carthagena, and the Havannah.

WE shall conclude this part of our subject with some observations on the West Indies, and an account of the diseases most common and fatal to Europeans,

on their first arrival in that quarter of the globe.

*not so now
1855- JW*

The most healthy of all the English possessions in that part of the world is the island of Bermudas. Next to which is the island of Barbadoes, if we except that spot of ground upon which Bridge-town, its capital, is situated. The air in many parts of St. Christophers is also pure. That of Antigua is bad: and the climate of Jamaica is reckoned still more unhealthy; though much less so than it formerly was. The colour of the European inhabitants in the island of Montserrat, is a proof of the salubrity of its air: the same may be said of Nevis. In general, the rainy season in those islands happens in August, September, October, and November.

We are sorry to observe, that in the situations pitched upon for the principal English settlements now made on Granada and the Granadines, but particularly at Tobago, the health of the inhabitants has been a point little attended to. In the island of St. Vincent, the town of Kingston is rendered
very

very unhealthy by an adjoining morafs: but it is to be hoped, that thefe new fettlements will become more healthy, when the ftagnating water is drained off; an effect which the heat of the fun itfelf would in fome places produce, if the woods were cut down. With refpect to the fettlements of other European nations, we fhall here only obferve, that the climate of Cayenne has proved very fickly to the French; and the air of St. Domingo is much more unhealthy than that of Martinico. At Guadaloupe, Martinico, and in moft of the other French Weft Indian iflands, there are low, fwampy grounds, commonly called Baffe Terre, which are parcelled out to fuch poor and indigent foreigners as will run the risk of their health and lives in improving them.

The Dutch fettlements at Surinam, St. Eufatia, and Curaçoa, are all very unhealthy.

The air in different parts of the Spanifh Weft Indian dominions varies greatly in point of purity, according to the fituation of places. Thus the city of Mexico is very

healthy, while La Vera Cruz, its sea-port, is remarkable for bad air.

It is observed, that the periodical rains, and the sickness which attends them, are much more violent in the hot, marshy, woody or uncultivated places, upon the continent of the West Indies, than upon the adjacent islands, though the inland provinces are in general more healthy than the sea-coast.

Were we to take a survey of the whole coast of the Spanish continent in the bay of Mexico, we should find few sea-port towns or rivers during the rainy season tolerably healthy*.

Shoals of large and ravenous sharks crowding into the harbours, a dark thick cloud to the southward, with thunder and lightning, slowly approaching, foretel the coming on of the sickly season, and are the awful preludes of those impetuous torrents

* We shall have occasion afterwards to mention many large and extensive provinces in the West Indies, which are blessed with a pure and wholesome air.

which

which in a few days burst from the clouds, and cover with water the whole face of the country. These rains, by their continuance, do so swell the numerous rivers, that the waters of the sea are thereby rendered fresh for several miles, and muddy almost to the distance of ten leagues from the shore.

Some of the harbours in that bay, and those generally the most secure, prove fatal to Europeans from another cause. Thus in Port Maho, near to the island of Rattuan, ships lie in a basin of water so environed with very high mountains, that the wind can have no access to them; and in this respect they suffer more than even at English harbour in Antigua. The stagnated air thence becomes so unwholesome, and so putrid, that the men, after being there a few days, are suddenly seized with violent vomitings, headachs, deliriums, &c. and in two or three days more the whole body putrefies, and the dissolved mass of blood issues from every pore.

In

In such places the water of the sea itself would probably become putrid, and in a short time destructive to the very fish, was it not kept in motion by a gentle flux and reflux, which may be perceived every day. This circumstance seems to depend on the winds out at sea.

The bay of Honduras, and the Mosquito shore, may be called healthy, when compared with Carpenters River and Rio Morte, or River of Death. This last was so named by the Spaniards, from the death of all those of that nation who at different times have attempted to make a settlement upon it.

In all those places, as in other unhealthy climates, fevers and fluxes are fatal to Europeans; but that disease denominated the yellow fever is more particularly destructive to them.

I have already had occasion to mention that fever*; but having considered this

* See Essay on preserving seamen, p. 50th, and Dr. Nafmyth's sentiments in the note subjoined to it.

matter with more attention, I am now of opinion,—That the remarkable dissolution of the blood, together with the tendency to putrefaction in the whole body, the black vomit, and the other symptoms which characterize the yellow fever *, are often accidental though fatal appearances in fevers of the West Indies.

They proceed in such as are newly arrived, sometimes from a gross habit of body, excessive drinking of spirituous liquors, and from being afterwards overheated in the sun; but the intense heat and unhealthfulness of the air does much more frequently produce all these symptoms. This fever was once supposed to have been first carried into the West Indies by a ship from Siam: an opinion truly chimerical; as similar diseases have made their appearance, not only in the East Indies, but in some of the southern parts of Europe, during a season when the air was intensely hot and unwholesome.

* See several particulars relative to this fever, and the method of treating it, in Part III. Chap. I.

This happened in the months of September and October 1764, when excessive heat, and want of rain for some months, gave rise to violent epidemic bilious disorders, (resembling those of the West Indies) in the city of Cadiz in Spain, of which an hundred persons often died in a day. At this time the winds blew mostly from the south, and after sun-set there fell an unusual and very heavy dew.

This disease began commonly with alternate slight chills and heats, nausea, pains of the head, of the back, of the loins, and at the pit of the stomach. These symptoms were often followed, in less than 24 hours, with violent reachings, and vomiting of a green or yellow bile, the smell of which was very offensive. Some threw up an humour black as ink, and died soon after, in violent convulsions, and in a cold sweat. The pulse was sometimes sunk, sometimes quick, but often varying. After the first day, the surface of the body was generally either cold, or dry and parched. The head-ach and stupor often ended in a furious delirium, which proved quickly fatal.

The

The dead bodies having been examined, by order of the court of Madrid, the stomach, mesentery and intestines were found covered with gangrenous spots. The orifice of the stomach appeared to have been greatly affected, the spots upon it being ulcerated. The liver and lungs were both of a putrid colour and texture.

The stomach contained a quantity of an atrabilious liquor, which, when poured on the ground, produced a sensible effervescence; but when mixed with spirit of vitriol, a violent ebullition ensued. The dead bodies turned so quickly putrid, that at the end of six hours their stench was intolerable, and in some of them worms were already found lodged in the stomach.

His Majesty's ship the Tweed being at that time in Cadiz bay, several of her men were taken ill when on shore; but by being carried on board, all of them recovered. Neither did the black vomit, or any other deadly symptom of that fever, make its appearance in any of the ships. The dread of this distemper forced many
people

people of fashion to retire into the country ; where they remained in perfect safety from it.

The black vomit, the violent hæmorrhages, and the other mortal symptoms of what is called the yellow fever of the West Indies, ought to be considered as adventitious, in like manner as purple spots and bloody urine in the small-pox, or as an hiccup in the dysentery. This last symptom, in warm climates, is particularly dangerous.

The following observations by Dr. Wind, will serve to illustrate what I have advanced.

“ The Middleburgh, a Dutch ship of war,
“ failed from the Texel in Holland, on the
“ 25th of December 1750, and on the 12th
“ of March 1751, entered the harbour of
“ Curaçoa, with a healthy ship’s company ;
“ one only having died during their passage from Europe. The air at Curaçoa
“ was foggy and moist, and the weather
“ excessively hot; so that in the beginning
“ of

“ of April two very bad diseases distressed
“ the crew; a putrid dysentery attended
“ with great pain, stench and hiccup, and
“ also a violent fever, accompanied with
“ the black vomit.

“ They failed on a cruize the 17th of
“ April. The weather at sea was then
“ moist and rainy: the diseases still conti-
“ nued, but not in so violent a degree as
“ in the harbour. Those who laboured
“ under the dysentery, were not at sea at-
“ tacked with the hiccup, and its other bad
“ symptoms; neither did the black vomit
“ seize those who had the fever, as when
“ in the harbour.

“ None of those taken ill at sea died of
“ either of these distempers: but when the
“ ship returned into the harbour, in the
“ latter end of April, the former danger-
“ ous symptoms returned; the hiccup at-
“ tended the dysentery, the black vomit ac-
“ companied the fever, and the number of
“ the sick was greatly increased, among
“ whom several died.”

I am

I am very sensible, that perhaps one or two persons in the island of Jamaica may be seized with the yellow fever; nay, that the black vomit may attack a man * when newly arrived there, without any previous complaint, and when no other person in the neighbourhood labours under it.—But from thence we can only infer, that a person may be suddenly seized with the worst symptoms of a malignant fever, during a very healthy season.

This happens daily in all parts of the world. Nothing is more common, than a person's being attacked with an obstinate ague, or flux, in the most healthy seasons and countries: and patients are often afflicted with a petechial fever, which does not proceed from contagion.

But such sporadic diseases are not the present object of our attention, as we treat only of epidemic and general sickness, from causes universally prevailing.

* Women are not so subject to the yellow fever as men, and in general enjoy a much better state of health there than men do, owing probably to their more temperate way of living.

I have

I have perused many English accounts, both in manuscript and print, of this West Indian yellow fever, in most of which the authors agreed only in the common epithet of yellow, from the skin's being frequently tinged with that colour. But the same appearance is also usual in almost all intermitting fevers, in some contagious fevers, and in many others, and so cannot properly be a distinguishing mark of this.

Physicians of other countries, such as the French and Dutch, give various names to the West Indian fevers; neither do they agree in assigning the same names even to the same distempers.

Two French Physicians, who both practised in the island of St. Domingo, have lately published an account of the diseases prevalent in that island*. The first, Dr. Chevalier, informs us, That almost all Europeans who come to St. Domingo, not only

* *Traité des fievres de l'isle de St. Domingue, par Poissonniere Desperieres, M. D. Lettres sur les Maladies de St. Domingue, par Chevalier, M. D. &c.*

from Europe, but from North America, are soon after their arrival attacked with a malignant fever, formerly called *Maladie de Siam*, which differs from the autumnal fever usual in France only in being a more violent and a more dangerous sickness. A later physician, Dr. Poissonniere, who practised three years in that island, says,—The most frequent and fatal fevers which attack Europeans newly arrived at St. Domingo, are either the true *Causus*, or ardent fever in a violent degree; or another distemper, which is still the *Causus*, or ardent fever, in a less dangerous form.

Both these French authors agree, that the air of this island is extremely healthy to the natives, and to such Europeans as have been seasoned to the climate.

But they do not seem to have had proper opportunities of observing the worst symptoms which attend the distempers so peculiarly fatal to Europeans, on their arrival in the West Indies,

Dr. Rouppe, a Dutch physician, has, in my opinion, furnished us with the best description

scription of these diseases, when raging with their utmost violence in a Dutch ship of war, at the island of Curaçoa, and assigned the most proper epithets for them, viz. Colliquative, putrid, and spotted fevers, the cholera and dysentery; or, as we may otherways translate them, Malignant fevers, violent bilious disorders, or the black vomit, and the bloody flux. I have therefore, in a note, given his own words, as no account can be more full, clear and masterly.

There is a large field for medical observations, during a very sickly season in the West Indies, when thousands of Europeans are sent thither at once, in case of a war in that part of the world. We then find the face and appearance of diseases the same as they are most accurately described by that learned and able physician*.

The

* Anno 1760, Primo die Augusti, ad insulam S. Eustachii appulimus. . . . Die undecimo ejusdem mensis, ad insulam Curaçoa direximus iter. . . . Die decimo nono, portum Curaçoa intravimus, et tunc viginti ægrotaverunt; inter quos nonnulli capitis doloribus sine febre, nonnulli vero colica biliosa labora-

The memorable destruction of admiral Hosier's Squadron, at the Bastimentos, was begun

verunt, sed levi cura in pristinam sanitatem restitui poterant.

Roupe de Morb. Navigant, pag. 68, 69.

In initio commorationis, (apud insulam Curaçoa) uti supra diximus, morbi, qui maxime occurrebant, fuerunt capitis dolores, colicæ biliosæ, sanationem facile admittentes; hæc vero mutabantur in cholicas affectiones, primis longe graviores, periculosioresque, quibus mirum excruciantur ægri. Inceperunt autem cum ingenti ardore circa præcordia, alvi torminibus, miro angore, et inquietudine, quæ subsequebantur biliosæ dejectiones, tam per superiora, quam per inferiora, cum ingenti virium prostratione; multi sudore perfundebantur frigido; hæc si perrexerint, imprimis si simul febris accesserit, quemadmodum in nonnullis contigit, cum pulsu magno, qui ut plurimum per decem circiter horas permanfit, intumescere tunc inceperunt labia, facies lurida evasit; remittente dein febre sanguinem fuscum sat copiose vomitu rejecerunt, et hi fere omnes obierunt, et quidem paucis horis post hujus symptomatis apparitionem: nonnulli eandem materiam, sed nigriorem, tetrumque spargentem odorem, alvo excernebant, sed malum sanationem admisit; simile quid in quibusdam contigit, qui febre afficiebantur, licet dejectiones non urserint. Alios assueto modo incessit biliosa febris, et quantum videre potui, hi maxime fuerunt Juvenes, vel mediæ ætatis, robusti, et ante morbum alacres; cum ardore nempe circa præcordia,

begun by the scurvy, and completed by the malignant West Indian fever and flux.

In

cordia, bilis vomitu, vel vomendi conatu, et siti fere inextinguibili; quidam horum in principio levibus frigoris, et caloris vicissitudinibus afficiebantur; dein subsequebatur urens in toto corpore calor, cum pulsu magno, pleno, et celeri; lingua fuit subflava, albicans, sæpius limbo viridi in margine cincta, madida semper mansit.

Pergente morbo, in nonnullis secundo, in aliis tertio die, sponte minuebatur calor, et pulsus naturalis ex improvise reddebatur, qui sensim sensimque minor evasit, et tandem parvus, et tremulus; apparentibus in nonnullis petechiis, imprimis circa pectus, brachia, et internam femorum partem, in nonnullis magnas lividas vidi maculas; hæc autem fiebant cum tanta virium prostratione, ut ægri minimo motu in animi deliquium caderent; sudor præterea copiosissimus in toto corpore suboriebatur; ægri insuper anxii, inquieti, leviter delirantes, admodum incuriosi, nihil æstimantes, nihilque querentes, evaserunt; attamen ad quæsitæ fere semper recte responderunt. In nonnullis, decidente pulsu, suboriebatur ingens circa præcordia ardor, labia leviter intumescabant, facies evasit lurida, brevi post accedebat vomitus fuscæ materie, et tandem mors: alii ardore, et alvi torminibus divexabantur, atque tetrum subnigricantem sanguinem alvo ejecerunt. In nonnullis secundo, in aliis tertio vel quarto die flavescere inceperunt oculorum album, et cutis, quod mali fuit ominis. Lingua insuper de die in diem albidior, et tandem tremula evasit, semper in dorso jacuerunt ægri. Sic au-

In the year 1741, no sooner had the rainy season set in at Carthagera, where the English

tem pergente morbo, nonnumquam secundo, vel tertio, sed ut plurimum quarto die accedebat tranquilla mors. Sanguis, in calore febris vena emissus, late rubebat, concrevit, serumque separavit, uti in Europa, subflavum; qui vero vi morbi resisterint, et quintum aut septimum diem attigerint, ut plurimum furunculis vel pustulis parvis rubris dolentibus, admodum difficile in suppurationem abeuntibus, variarum confluentium adinstar, fere in toto corpore tegebantur. Tandem maxima ægrotantium pars, imprimis, qui trigesimum prætergressi fuerunt annum, et quibus mali corporis habitus erat, dum morbo corripiebantur, conquesta est, de dolore, et ardore circa præcordia, cum vomendi conatu; sed pauci vomuerunt, pulsus in nonnullis per aliquot horas increvit, sed brevi iterum naturali similis factus est, et dein parvus: cutis calor naturalis fuit, lingua madida, et alba; copiosus sudor, primo jam morbi die, in toto corpore prorupit, nullæ tamen apparuerunt maculæ. Si, quibus sudor parvus aut nullus erat, copiosis nigris, et fœtidissimis dejectionibus, cum alvi torminibus vexabantur, insuper lipothymiis quam frequentissime corripiebantur: si vero evacuationes hæ parum cessabant, aut notabiliter minuebantur, et sudor copiosior non evasit, tunc admodumangebantur ægri; hic autem, si copiosius prorupit, longe melius se habuerunt: tandem in omnibus pertinacissime, ab initio ad finem usque permanferunt vigilæ. Juvenis 18 circiter annorum mane bene se habuit, verum circa decimam matutinam de capitis dolore et cæteris febricitantium symptomatibus conquestus,

lish troops lay encamped, than the same variety of diseases, then remarkably malignant, became also contagious, and destroyed the greatest part of that army; the poor remains of which were almost totally cut off in the sickly season upon the island of Cuba.

But as the Havannah is not quite so unhealthy as either Carthagená or Curaçoa, so in the late expedition to that part of the world, though the English troops suffered greatly during the siege of that place, in the sickly season, yet their diseases, though rendered very mortal, from want of good water, and from other circumstances, were in

conquestus, pulsus magnum, plenum, et celerem habuit. Secundo die ad vesperam sanguinem fuscum vomitu copiose ejecit. Tertio autem obiit. Alius, 16 annos natus, vesperi bene se habuit, mane alterius diei, in strato sensum expers inveniebatur; corpus examinavi, quod subhumidulum, maculis lividis conspersum, pulsu fere in toto carens inveni; insuper prodibat ipsi sanguis ex aure sinistra, naribusque nigerimus, gustu subdulcis, qui aliquot horas post mortem fluere perrexit; cadaver vero brevi in integrum livescebat, et tetrum halitum emisit.

Roupe de Morb. Navigant. pag. 304, et seq.

general less violent and malignant than those which raged at Carthagenæ.

The following is a letter I received from a gentleman on that expedition, dated 24th of October 1762.

“ I think myself extremely happy in
“ being among the number of the living,
“ considering the deplorable condition we
“ are now in. You will hardly believe me,
“ when I tell you, that I have only 33 men
“ of my company now alive, out of 100
“ which I landed. Our regiment has lost
“ 8 officers, and 500 men. They mostly
“ died of fluxes and intermitting fevers,
“ the general diseases here. The other re-
“ giments have lost in proportion. We
“ are now very sickly, as you may ima-
“ gine, when out of 17 battalions here,
“ we cannot muster 600 men fit for duty.
“ The appearance of this country is most
“ beautiful, and its natural advantages are
“ many; yet a man’s life in it is extremely
“ uncertain, as many are in health one
“ morning, and dead before the next.”

This

This naturally leads me to enumerate the most certain signs or proofs of an unhealthy country.

S E C T. II.

Signs of an unhealthy country. A digression.

THE first proof of an unhealthy country which I shall mention, is a sudden and great alteration in the air, from intolerable heat to a chilling cold. This is perceived as soon as the sun is set, and for the most part is accompanied with a very heavy dew, and shows an unhealthy, swampy soil; the nature of which is such, that no sooner the sun-beams are withdrawn, than the vapour emitted from it renders the air raw, damp and chilling, in the most sultry climates; so that even under the equator, in some unhealthy places, the night air is very cold, to an European constitution.

The second is, thick noisome fogs, arising chiefly after sun-set, from the vallies, and more particularly from the mud, slime, or other impurities. In hot countries, the scent of these fogs may be compared to that of a new cleaned ditch.—Diseases therefore arising from these causes, do generally take place in the night, or before sun-rising.

The third is, numerous swarms of flies, gnats, and other insects, which attend putrid air, and unhealthy places covered with wood.

The fourth is, when all butchers meat is soon corrupted, and in a few hours becomes tainted and full of maggots: when metals are quickly corroded, on being exposed to the open air: and where a corpse becomes intolerably offensive, in less than six hours. These are all proofs of a close, hot, unwholesome and unventilated spot. And in such places, during excessive heats, and great calms, it is not altogether uncommon, especially for such Europeans as are of a gross habit of body, to be seized at once with the
most

most alarming and fatal symptoms of what is called the yellow fever, without even a previous complaint of sickness, or other symptoms of the disease. There has first been perceived an uneasy itching sensation commonly in the legs, and upon pulling down the stockings, streams of thin corrupted blood followed, a ghastly yellow colour quickly diffused itself over the whole body, and the patient has been carried off in less than 48 hours.

The fifth is, a sort of sandy soil, such as that at Pensacola, Whydah, and the island of Bonavista, (commonly a small, loose, white sand) which is found by experience to be injurious to health. The pestiferous vapour arising during the summer months, and in the heat of the day, from such sandy deserts, in South America, in Asia, and in Africa, can only be characterized by its effects. This blast, which is called the Samiel wind, proves instantly fatal both to man and to beast, in the hot sandy deserts; but when it passes over a soil covered with grass and vegetables, its effects are mitigated.

Thus

Thus the southerly winds, while they blow from the desarts of Lybia, during the summer, at Algiers, Tunis, and Tripoli, produce an unhealthy season. This happens also at Madras, where the winds, in the months of April and May, passing over a large track of sand, are always hot and disagreeable.

Sudden gusts also of a hot and suffocating wind are then often observed to come from those sands, once or twice, or even more frequently a day. These gusts pass very quickly, and affect persons who happen to be standing with their faces towards them, in the same manner as the hot air which issues from a burning furnace, or from a heated oven, and obliges them immediately to turn from it, in order to recover breath. The effects of this hot suffocating blast or vapour on the human body, even when mitigated by passing through a moist atmosphere, is the same as that of intense cold; it shuts up every pore of the skin, and entirely stops the perspiration of such as are exposed to it.

These

These gusts come only in the day-time, and always from the same quarter, that is, from the desarts. Water is the only known antidote or corrector of this vapour: hence coarse thick cloths, kept constantly wet, and hung up at the windows or doors, mitigate its violence, and lessen its effects; and a house so built as to have no doors or windows fronting the desarts, affords also an excellent protection to those who live in it.

These sudden gusts are to be distinguished from the hot land winds which constantly blow at Madrafs, and other places on the coast of Coromandel, at that season, from midnight till noon. The sea breezes then begin, which relieve the difficulty in breathing, and the obstructed perspiration occasioned by the land winds.

That the heat of those land winds, as also of the sudden gusts which accompany them, proceed from large tracts of sands being heated by the sun, is evident, from the increased heat and suffocating quality
of

of those winds, in proportion as the day advances, and as the heat of the season is increased.

The opposite qualities of the winds blowing from each side of the Balagate mountains is a further proof of this. These mountains running from north to south, divide the hither peninsula of India into two unequal parts, and separate what is called the Malabar from the Coromandel coast. To the former they are very near, but at a great distance from the latter. The winds blowing from these hills are on the Malabar coast always remarkably cool, but on the coast of Coromandel, in the months of April, May, June, and July, are extremely hot and suffocating, as they pass over a large tract of intermediate sand, heated during those months by an almost vertical sun. Hence the Malabar coast is always cloathed with an agreeable verdure; whereas the Coromandel coast, during the continuance of those hot winds, seems a barren wilderness, nothing appearing green except the trees. On the contrary, the winds

winds that pass over those sands after being wet with the rains, are the coldest which blow at Madras.

Bottles of liquor, inclosed in bags of coarse cloth, kept constantly wet, and suspended in the shade, where those hot winds may have free access to them, become as cold as if they had been immersed in a solution of nitre. This phenomenon has occasioned much speculation, and has been accounted a surprising effect peculiar to these hot winds: but it is, in my opinion, owing to the constant evaporation of the water from the sides of the bottle.

It is an observation of the natives on the coast of Coromandel, which is confirmed by the experience of many Europeans, that the longer the hot land winds blow, the healthier are the ensuing months; these winds, as they express it, purifying the air. Are not these winds, therefore, the cause why the air on the coast of Coromandel, except during their continuance, is more healthy than in other parts of India, where these winds do not blow? Does not this
also

also suggest a very probable reason why the plague in Egypt always ceases in the beginning of June? The periodical hot winds which come from the deserts of Nubia and Ethiopia, having then rendered the air of Egypt pure and wholesome. Many have ascribed that effect to the north-winds, as the plague not only ceases when they blow, but all infected goods, household furniture, and wearing apparel, are then said to become entirely free from the contagion; these, however, cannot be the cause, as the most destructive plague is always abated in its violence, if not wholly eradicated, before they set in. With equal propriety we may reject the opinion that the overflowing of the Nile is productive of that salutary effect, as the plague generally ceases before the increase of that river is perceptible.

Thus the plague, the greatest calamity which can afflict mankind, seems to be destroyed by those hot winds, which are otherwise so pernicious to animal and vegetable life. And although, during the continuance of these winds, the most fruitful fields wear the aspect of a parched desert, yet no sooner
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the rains fall, but vegetation is restored, the plants revive, and a beautiful verdure is again spread over the face of the refreshed country. In Egypt, where it seldom rains, the same effect is produced by the overflowing of the waters of the Nile.

SECT. III.

Concerning such employments as generally prove fatal to Europeans, in hot and unwholesome climates.

IT may not be improper, in this place, to point out some services, which are of such a nature, as cannot well be performed in hot and unhealthy countries by Europeans, especially by such as are lately arrived, without imminent danger of their health and lives.

The first is, that of cutting down woods, or clearing the ground from trees, shrubs, &c. I might produce many instances of

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the fatality of this employment, but shall here mention only two.

At the conclusion of the late peace, the captain of a ship of war went on shore at the island of Dominica, with twelve of his men, to cut down the wood, and to clear a piece of ground, which he intended to have purchased; but in a few days, sickness obliged him to desist from this dangerous work; the captain and eleven of his men being seized with violent fevers, which terminated in obstinate intermittents, and of which several died. The survivors suffered so much in their constitutions, that even after they came to England, the return of an east wind was apt to bring on a violent fit of the ague and fever.

The Ludlow-Castle, a ship of war of 40 guns, in a late voyage to the coast of Guinea, lost 25 of her men at Sierra Leon, who were employed in cutting wood for the ship.

This is an occupation which has often proved destructive to Europeans in those climates,

climates, and in which they ought never to be employed, especially in the rainy season; there being numberless instances of white persons, when cutting down the woods at that season, who have been taken ill in the morning, and dead before night. The extreme danger of this work at such a time, would even render it a proper punishment for such convicts as were saved from the gallows for this purpose.

If the purchasing of negroes on the coast of Guinea can be justified, it must be from the absolute necessity of employing them in such services as this is. It does not seem consistent with British humanity to assign such employments to a regiment of gallant soldiers, or to a company of brave seamen.

The sending Europeans in open boats, after sun-set, where the soil is swampy, or where there are great night fogs, is another evil less known, and less suspected, but no less dangerous.

The single duty alone of fetching fresh-killed butchers meat at night for the use of

our ships companies in the East and West Indies, has destroyed every year several thousand seamen. In those parts of the world, butchers meat must be brought on board at night, immediately after it is killed, otherwise it will not be fit for use the next day: but surely a contract for sending it on board at that season, might be made with the natives, for a trifling sum of money; and it ought to be considered that this trifling sum is advanced for the preservation of many lives.

During the sickly season at Batavia, a boat belonging to the Medway, which attended on shore every night, was three times successively manned, not one of her crews having survived that service. They were all taken ill in the night, when on shore, or when returning on board; so that the officers were at length obliged to employ none but the natives of the country on that business.

Great numbers of men have perished, from being employed in this manner at Bengal, where the European ships often
anchor

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anchor in the most unhealthy parts of the river ; and even when the great night fogs arise, after the rainy season, the men are often obliged to perform such night services in boats.

Now, since it is so dangerous for Europeans in unhealthy countries, particularly during a season of sickness, to be exposed in an open boat to the foggy night air, it must appear that sending them unsheltered, in open boats, far up rivers, in unhealthy southern climates, for the sake of wood, water, trade, or other purposes, must be attended with the most destructive and fatal consequences.

The best preservative against the mischievous impressions of a putrid fog, a swampy, or of a marshy exhalation, is a close, sheltered and covered place ; such as the lower apartments in a ship, or a house in which there are no doors or windows facing these swamps. If, in such places, a fire be kept either in the chambers or at the doors, or other inlets into a house, (as is practised in some unhealthy countries, dur-

ing their rainy or noisome foggy season) or in the hatchways of a ship, these fires, together with the smoke, prove an excellent and effectual protection to those within against the injuries of a bad air. Of many examples which might be offered to prove this, I shall only give one.

When the *Edgar*, a ship of war of 60 guns, was upon the coast of Guinea, in the year 1765, her men were very sickly, and many of them died: whereas it was observed, that in a sloop of war, which was constantly in company with her, few were taken ill, and not one died during the whole voyage. This could be ascribed to no other cause, but that in the sloop the fire-place for cooking victuals was on the same level with the deck, upon which the men lay; and every morning, when the fire was lighted, especially when there was but little wind, the smoke from the cook-room spread itself all over the ship, and particularly over these parts where the men lay; but from the construction of the fire-place in the *Edgar*, no smoke from it ever came between her decks.

Persons

Persons on board any ship whatever, are much more safe, and their situation is infinitely preferable to that of those who make distant inland incursions in small boats upon the rivers, in unhealthy tropical countries, and who are for the most part totally ignorant of the sources of the diseases and deaths which surround them.

The intolerable scorching heats at noon often oblige such persons to go in a manner half naked, their clothing being almost insupportable; while a free and plentiful perspiration issues from every pore. In the day-time, the swampy shores emit a smell resembling that of putrid flesh, or corrupted carrion; and a near approach to such putrid swamps is then apt to produce an immediate sickness, a vomiting, and afterwards a low, nervous fever *.

But

* In such circumstances, a vomit taken immediately, and a change into a pure air, will often prevent a fit of sickness.

A company of gentlemen belonging to his Majesty's ship the Phoenix, taking the diversion of hunting and shooting at the mouth of the river Gambia, by follow-

But if they happen to pass them at night, or lie near them in an open boat, the air from those swamps is perceived to be quite chill and cold; insomuch that warm, thick clothing becomes absolutely requisite, to guard the body against the impressions of so great an alteration in the air, and of its cold and inclement quality. The smell of the swamps, and the vapour arising from them, at this time, resembles the unwholesome scent of a ditch lately cleaned. And the effect upon the most healthy and vigorous constitution, is often a chilling cold fit of an ague, terminating in a fever, with delirium, bilious vomitings, a flux, or even death itself.

I hope, what has been said on this subject, will serve to excite some tender feelings

ing their game into a large swamp, were all of them affected by its putrid effluvia. They were immediately seized with a sickness, vomiting, head-ach, and a constant hawking and spitting, from the disagreeable smell, which (as they expressed it) seemed to remain in their mouth and throat. Upon their returning to the ship, each of them was ordered a vomit, which immediately removed all those complaints.

of

of humanity in such as have the direction of our trade and ships abroad ; as nothing can be more inhuman than sending unseasoned Europeans high up from the mouths of rivers, into an uncultivated country, especially during the rainy season, and where there is no shelter from the pestiferous nocturnal air *. This practice is the

more

* It may be here expected, that where such duties are unavoidable, those who undertake them ought to be furnished with some precepts for their preservation.

I would advise all who are employed in cutting down woods, or in other laborious and dangerous services in hot climates, during the heat of the day,—to have their head covered with a bladder dipt in vinegar,—and to wash their mouths often with vinegar,—and in unwholesome places never to swallow their spittle,—but rather to chew a little rhubarb, or some other bitter, and spit it out frequently,—to stop their nostrils with a small piece of linen or tow, dipped in camphorated vinegar,—and to infuse some bark, garlic and rhubarb in brandy, of which a dram may be taken either by itself, or diluted with water, morning and evening.

In the evening, before sun-set, they should leave off work, and not return to their labour in the morning, till the sun has dispersed the unwholesome dews and vapours

more inexcusable, as the points gained by it may generally be accomplished by other means.

vapours of the fields. For their safety during the night, they should retire to a close hut, as the dews may penetrate a tent; here, in the absence of the sun, a constant fire should be kept; but, if that be found impracticable, the apartment in which they lie should be well fumigated with gun-powder, as fire and smoke will afford them the most excellent defence against the noxious and dangerous qualities of the night-air. The smoking of tobacco in their huts, the chewing of garlic, and not sleeping on the ground, are circumstances which will also contribute to their preservation.

If, from a neglect of these precautions, the nocturnal chill fog has made an impression upon the body, a vomit immediately should be administered near a good fire, and the benefit of a plentiful sweat after it, will often prevent fatal consequences. But if any symptoms of a low fever still continue, as a head-ach, a sickness at the stomach, chills, &c. a blister ought immediately to be applied, as these complaints, though seemingly so slight as not to confine the patient to his bed, are flattering and deceitful, and often terminate in a fatal malignant fever. If this fever can be brought to intermit, let the bark be immediately taken, to the quantity of a quarter of an ounce, or more, in red wine, every two hours, and the patient quickly removed into a better air.

If

If it be done for the sake of wood, water, or other necessaries of life, there are few places in the world where these cannot be brought into a fort, factory, a ship, by the natives, and such others as are perfectly seasoned to the country.

If it be done for the sake of trade, might not this be effected with equal advantage, by having the trading boats or vessels rowed or managed by the natives; who are generally much better acquainted with the navigation of the rivers in their own country than strangers are?—And in this case, an honest native factor, or at least one or two white people long seasoned to the climate, will be sufficient to superintend the cargo.

Upon the whole, if all ships of war and others, bound to the East and West Indies, were permitted, on their arrival in those parts of the world, to enter upon their books, as part of their complement, from 10 to 20 blacks or natives, to be solely employed in all such duties as have been mentioned, it would undoubtedly be a means of saving the lives of many Europeans.

peans. Such may be entered on board as are fishermen by profession, or who are dexterous in the management of small vessels and boats. Thus, for example, at Jamaica, the proprietors would willingly permit their slaves to serve on board the king's ships in the West Indies for any length of time, provided their wages were paid to their masters. And those negroes being deprived of the means of debauchery and riot, which our seamen are apt to fall into when on shore, the duties of wooding and watering the ship, and all the services required of boats at night, would, in all probability, be more speedily and faithfully executed.

Burying the dead in swampy countries, is another occupation which has proved fatal to many, and which ought also to be entrusted to negroes or the natives of the country. The effluvia from ground when newly opened, whether from graves or ditches, are far more dangerous than from the same swampy soil when the surface is undisturbed; nay, in some places, it has been found to be almost certain death for an European to dig a grave, unless long

seasoned to the country. In such a place, the attendance of friends at funerals ought to be dispensed with.

I am sensible that it is not uncommon to meet with gentlemen who have been long in the East and West Indies, who treat all the apprehensions of sickness in those climates as imaginary, and the precautions against them as needless and chimerical. It is probable they might never have been employed in such services as I have mentioned, and perhaps they have not resided much during the sickly seasons in very unhealthy places, or at least may have been so fortunate as to enjoy good health, which many have done, when well seasoned to such climates.

These persons I shall address, in the words of Cicero to his friend at Baiæ. I must only observe, that this delicious winter retreat of the ancient Romans was remarkable then, but much more so at present, for its unwholesome air during three months in the summer. “ Gratulor Baiis nostris: siquidem ut scribis, salubres repente factæ sunt; ” nisi

“ nisi forte te amant, et tibi assentiuntur, et
 “ tamdiu, dum tu ades, sint oblitæ fui.
 “ Quod quidem si ita est, minime miror,
 “ coelum etiam et terras vim suam, si tibi
 “ ita conveniat, dimittere.”

It is not the intention of this treatise to disturb such favourable opinions as these, which it is proper should be entertained by all those whose station in life requires submissive obedience, without speculation.

A total ignorance of these important matters, or inattention to them, are, in commanders in chief, highly blameable, as well as extremely dangerous: the lives of thousands may be lost by it.

END OF PART I.

A D V I C E
T O
E U R O P E A N S.

PART II.

CHAP. I.

Advice for the preservation of Europeans who reside near the sea, in hot climates.

SECT. I.

*Positions founded on the preceding narrative,
interesting to all who go abroad.*

THE observations which we have made concerning the various climates in the four grand divisions of the world, point out those diseases which are most

most fatal to Europeans in different countries abroad.

It now remains to deduce some useful conclusions from these observations.

The first is, that the diseases of strangers in different climates bear every where a great similitude to each other; and that the violence or malignity of the fevers and fluxes, with which they are often afflicted, depend in a great measure upon the degrees of heat and moisture, but more particularly upon the nature of the soil and of the winds.

The constitution of Europeans, by length of time, becomes seasoned to the East and West Indian climates, if it is not injured by the repeated attacks of sickness upon their first arrival. Europeans therefore, when thus habituated, are generally subject to as few diseases abroad as those who reside at home; insomuch that many persons, dreading what they may be again exposed to suffer from a change of climate, choose rather to spend the remainder of their lives
abroad,

abroad, than to return to their native country.

Secondly, It appears that there is scarcely any country which can be mentioned, that has not its healthy and pleasant seasons: these continue for the greatest part of the year. At such times it may with safety be visited by strangers.

Thirdly, The most unhealthy spots in the world have in their neighbourhood, and often at no great distance from them, places which afford a secure retreat and protection from diseases and death, as has already appeared in part, but will be more fully proved in the sequel.—In a word, the diseases most fatal to strangers in every country, seem not only to be confined to particular seasons, but even during those seasons to certain places only.

These positions are very interesting to all who go abroad; and they lead us to the important object of this treatise, the preserving annually a multitude of lives, as they point clearly out to us the easiest and the most

M effectual

effectual method for accomplishing that great purpose.

Strangers should always leave those unhealthy spots for a few months during the sickly season, until they become well inured to the climate. This removal to a small distance from the seat of sickness promises a security at least equally certain with the method now taken by Europeans, of shutting themselves up in their houses, and having no communication with the natives, during the rage of the plague in Turkey. It is likewise a precaution, upon which the absolute safety of strangers in unhealthy climates may alone depend.

One cannot, without astonishment, see the absurdity of mankind, in never thinking of this so simple and easy a method, which their own observations must have every day pointed out to them: yet our factories abroad have never paid any attention to it, and a proper method of doing it has never been recommended to them.

S E C T. II.

A convenient and safe retreat from sickness pointed out.

IT may, at first sight, appear almost impracticable to find a convenient and safe retreat from the sickness which rages at times in many foreign climates. Mankind are much more ready to start difficulties on this subject, than desirous to remedy the evil. Some will be ready to ask, for instance, Where can that safe retreat be found, on the coast of Guinea, in the rainy season, when the whole country is almost covered with water?

The proper answer to this question is, That all places on that coast are not equally unhealthy. The English found the island of Goree much more healthy than their settlements either on the river Senegal or Gambia, and there fewer people died in proportion, than in the adjacent parts of Africa. But we shall see from the follow-

ing circumstance, that retreats of safety may be even found upon that coast.

The Portuguese, finding that almost all the European missionaries whom they sent to propagate the Christian faith in Guinea, died soon after their arrival, found it necessary to establish a seminary of learning at St. Jago, for the instruction of black priests. But as the canon law of their church does not permit those of the black colour to rise to the dignity of a bishop, persons of this order were always sent from Lisbon; and their lives at St. Jago were generally so short, that whoever was appointed bishop to the Cape de Verd islands, considered himself as sacrificed to the climate. Some years since, a sensible prelate, dreading the fate of his predecessors, procured a dispensation of absence from his cathedral, and was permitted to live in the island of St. Antonio. In consequence of this dispensation, the European bishops now live in this island, at a small distance from their cathedral, to as great an age, and in as good health, as if they had continued at Lisbon.

It

It is beyond a doubt, that on many other places of that coast, there are dry, elevated, and well ventilated spots, which, by being thoroughly cleared of wood, might be rendered healthy to European constitutions. We shall only mention the high hills of Sierra Leon, upon whose summits the air is clear and serene, while thick mists and noisome vapours overspread the lower grounds: yet even in this place the English inhabit a low valley, merely for the benefit of a spring of good water; the carriage of which, to any part of that hill, might be easily performed by slaves.

It is astonishing to observe, that while one third of the Europeans, in many of their factories, die annually, by the unhealthful climate, they permit their negroes to lie idle or asleep the greatest part of the day, when they might be usefully employed in clearing the ground, draining the swamps, and either in burning or cutting down the woods and shrubs, or at least in opening avenues through them for purifying the air.

The mortality of those Europeans must not therefore be attributed so much to the malignity of the climate, as to their own ignorance and inattention. A foreigner who fixes his abode upon a sickly spot in England, as for example at Hilsea * Barracks, in the island of Portsea, must not reckon the climate of Great Britain unhealthy, because he suffers from the disadvantages of so bad a situation.

In sultry climates, the smallest errors of this kind are attended with much more fatal consequences than in our northern latitudes. —The English castle at Whydow has been rendered more unhealthy than the negroe town in its neighbourhood, by a small circumstance, unattended to at first. It is built on a spot of ground that the sea-breezes cannot reach, without passing over a little inconsiderable brook of water, which pro-

* Barracks well known to most of the officers in the army, for the prevalence of obstinate autumnal diseases, which frequently rage at that place, and are confined to it alone.

duces some aquatic plants, always covered with a putrid slime.

During the present uncultivated state of Guinea, it is not probable that the Europeans will form any considerable inland settlements. Their chief factories are situated near the sea: those therefore who reside in them can scarcely have any where a better and more excellent retreat than on that healthy element, in the sickly season. In another work *, I have clearly shown, that the sea air affords a certain asylum in all hot and unhealthy countries.

It will occur to the reflection of all who have visited such places, that the sea-breezes bring always health and a pleasant sensation along with them.

It was observed, that during the summer and autumn 1765, when fevers raged at Portsmouth, and in such ships as lay in

* Essay on preserving seamen, p. 63 to 67, and Papers on Fevers, p. 34 & 35.

that harbour, near the mud, the men who were in the ships at Spithead enjoyed perfect health. I likewise remarked, that for three months, when this epidemical sickness prevailed most, there was not one seaman or marine sent to Haslar hospital, who had been seized with it in any ship at Spithead.

When the violent and fatal sickness raged at Cadiz, it did not extend its influence to any ship which lay at a distance from the city; as I am informed by Dr. Maguire, an eminent physician of that place. His Majesty's ship the Tweed was then at anchor in Cadiz bay; an officer and several of her men, who had been on shore, were seized with this fever; but all those who were sent on board their ships recovered, no bad symptoms appearing in their fever; whilst a disease, similar to the black vomit and the yellow fever, and equally mortal, depopulated that great city.

I observed before, that admiral Broderick's squadron lay at anchor off the island of Sardinia, in perfect safety from those
fatal

fatal diseases which seized almost all his men who slept on shore. And lately, when a mortal sickness, in the year 1765, prevailed at Pensacola, by which a regiment newly arrived there lost 120 men; and it is said, that eleven out of twelve of the officers ladies, who were landed with them, also died; the companies of the men of war, lying at one mile's distance from the shore, enjoyed the most perfect health.

These ships were the Tartar and Prince Edward, of whose men those only who had been on shore were seized with this malignant fever, and all of them recovered when they got on board. It was likewise remarkable, that such gentlemen as were seized with this fever at Pensacola, and carried on board ships, either quickly recovered; or at least, by this change of air, the fever being divested of its most mortal symptoms, soon assumed the form of an intermittent.

From what has been said, we are not to infer, that such as live in ships are always exempted from the diseases of the adjacent country:

country: the reverse of this is often felt by our seamen, who sometimes from accidents unavoidable, and often from an ignorance almost unpardonable, suffer more dangerous sickness than even many who live on shore. Thus lying either near swampy grounds, or in close unventilated harbours, is equally dangerous with being on the land itself.

I am informed by Mr. Martin, surgeon of the *Cataneuch*, a Guinea trader, that when he was in Gambia river, in company with four other ships, the men in one of those ships were daily taken ill of fevers and fluxes, and several of them died delirious; while all the English in the other ships, and in the factories, were in perfect health: but upon removing that ship about half a league from her first anchorage, which was too near some swamps, her men became as healthy as those in the other ships.

S E C T. III.

Floating factories recommended.

THE just inference then from all that has been said, is, that if a ship, or floating factory was established in a proper place, and at a due distance from the shore, at the mouths of the rivers Senegal and Gambia, at Cape Coast, and all other places where it may be found necessary and safe, it would be a means of preserving every year a multitude of lives, especially on the Guinea coast.

The idea of a floating factory is not new to those who have been in Guinea: ships so called, have been securely moored on different parts of that coast, for the advantage of trade. But they are here proposed for the benefit of health, without which there is very little comfort even in the advantages of commerce.

Such as have only seen merchants ships or coasting vessels, and are unacquainted with

with the many conveniencies which may be made in a ship, for the accommodation and entertainment of people of the highest rank, and of the most exquisite taste in luxury, will think it ridiculous to advise governors and principal merchants to sleep, or live for three or four months in the year, on board a ship.

But we must not confound our idea of people, pent up in a small ship, or in a vessel at sea, undergoing all manner of hardships, suffering extreme hunger, incessant fatigue, and frequent disappointments, with the situation of persons living at ease, in a commodious ship, furnished with all sorts of necessaries, by means of a daily intercourse with the country.

The admirals of our fleets, and captains of our ships of war, find in few places abroad better entertainment, or more convenience, than in their own ships. In like manner, a floating factory may be fitted up, in any taste whatever, either for convenience or pleasure.

Mr.

Mr. Doidge, late secretary to admiral Watson in the East Indies, upon his return home, being in an ill state of health, having always found himself better when at sea, or on the water, contrived a vessel of a commodious form, to which he gave the name of the Ark, and in which he had resolved to spend much of his time. This little floating house contained a wine and coal cellar, a kitchen, a dining-room, and a sleeping room, elegantly furnished, and an apartment for his servants. In this floating mansion he proposed to reside during the heat of the summer, as a pleasant and cool retreat, for the benefit of his own health, as well as for the entertainment of his friends.

Now if, in addition to the many conveniencies which a ship, properly fitted up, would afford to the gentlemen in any factory, we consider health and preservation as principal objects of their attention, the propriety of establishing such floating factories, where it may be found necessary and safe, can scarcely be questioned. There is good anchorage off the bars both of Senegal and
Gambia,

Gambia, in the road of Sierra Leon, and in many other places of the coast, where ships with masts ride safely at all seasons of the year: in how much greater safety must a ship at anchor then be which has no masts? Shipwrecks are uncommon on this coast, as the most violent storms, the tornadoes, come always from the land, and are of short duration.

Those ships are proposed as a safe retreat from sickness during the rainy season, and for a few weeks after it, until health be restored to the country. They will also afford a pleasant retreat into a pure air, which will establish health of body, and chearfulness of mind, at a time when thick fogs and rains render the houses on shore disagreeable, moist, and uncomfortable.

The sickness which might attack at this season any of the gentlemen on board the vessel, would be slight: it would probably be no more than a gentle diarrhoea, or a bilious complaint, which could be easily removed. I am almost morally certain, that if, together with attending to those directions

tions which I gave on a former occasion, for preserving a constant purity of air in ships *, they would keep a fire, especially during the night, between them and the land effluvia, it would be extremely conducive to health. This might be easily done in a country where labour and fuel † are of small value: besides, the fire might be employed in distilling fresh from the sea-water; so that, by this means, they might have the air purified, and at the same time be supplied with the most wholesome drink.

The vulgar and erroneous opinion of the sea air being the cause of scorbutic and of other violent disorders, to which seamen in long voyages are subject, I have already confuted in my Treatise on the Scurvy, and also in my two Discourses on Fevers and In-

* See Essay on preserving seamen.

† In order to avoid insects, let the wood or fuel brought from the shore remain always in a boat until it is used, as it commonly abounds with noxious vermin, and therefore ought never to be placed in any close confined part of the ship; or it may be put with other lumber, in a small tender, moored near the floating factory.

fection, read before the Philosophical Society at Edinburgh.

But even after using the means we have just mentioned, it may be also necessary to attend to some directions which I have given in the Essay on preserving health in those climates: they should refrain from intemperance and excesses of every kind. We do not recommend to them to use any medical regimen, but to observe an habitual regularity. And as proof of what may be done, by a proper attention to those directions in the most sickly seasons and climates, I shall subjoin the following particulars, communicated to me by Mr. Boon, who resided for three years at Senegal, as surgeon general to the troops.

Mr. Boon being furnished with a copy of my Essay on preserving seamen, he and several of the officers followed the directions therein contained. Governor Worge, Mr. Boon, and others, drank every morning for breakfast, by way of tea, an infusion of the bark, or of some other bitter ingredient,
such

such as chamomile, gentian, orange-peel, or the like, in warm water. Sometimes they mixed with their tea a small quantity of the tincture of the bark. They drank these bitters morning and evening, and took a gentle dose of manna, with purging salts once or twice a week. They were abstemious in the article of food, and were particularly careful not to drink wine or spirits to excess: by which means their stomachs and bowels were preserved in such a state, as greatly resisted the attack of those bilious fevers, fluxes, and other disorders, which raged with destructive violence during the sickly season. Experience had so fully convinced them of the efficacy of those means, that the use of them became general; and when their stock of bark was exhausted, the most common bitter herbs, or roots, sold at an extravagant price.—Much about this time, a ship from New-York arrived at Senegal, which had on board some bark, and a quantity of gentian-root, orange-peel, and common wormwood, together with some bottles of Stoughton's drops. These bitters became a valuable cargo for the proprietor,

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and

and were bought up at a high price by the governor and others who could afford to purchase them.

S E C T. IV.

A change of air useful in fevers. Objections answered.

HAVING thus directed such expedients as will afford an effectual protection to the merchants, and all our factories near the sea; and having recommended a plan for all newly arrived Europeans, to preserve them from sickness, in the most unhealthy seasons and climates; we now proceed to offer some further directions, for the benefit of such as either neglect those already given, or who, from various circumstances, cannot put them in practice. There may be many whose indispensable business requires their constant residence in unhealthy places ashore, and who must therefore be exposed to the violent attacks
of

of sickness. In this case, the preservation and perfect recovery of such persons will in a great measure depend upon an immediate change of air, when they are seized with the prevailing sickness of the country.

I acknowledge it to be a new thing, to propose the immediate removal of a person labouring under a violent fever, to some distant place, let the symptoms be what they will.—It may be objected, that the gentlest motion will, in many such cases, affect the head, bring on a delirium, or increase the symptoms of the disease. It may further be urged, that as uninterrupted rest and quiet are so necessary to the welfare of such patients, the hurry of motion, and even the disturbance produced by taking them out of bed, but especially by exposing them to the open air, must be highly injurious.

The experience of many years in these matters has convinced me, that such apprehensions of danger are vulgar, groundless and erroneous; and I assert it, as a certain truth, which I have had the most ample means of knowing, that persons labouring

under fevers, fluxes, and other diseases, may with great safety be moved from one place to another: nay more, that by a removal of them, with proper care, from an impure to a pure air, such patients received immediate benefit. Of many thousand patients afflicted with fevers, whom I have visited in Haslar hospital, for eight years past, nine tenths of them were moved during the continuance of their fever, either from Spithead, from the ships in the harbour, or from the marine infirmary at Portsmouth: and I do not remember that any patient was injured by being carefully brought in a boat, or otherwise, to the hospital; on the contrary, I am persuaded that many hundreds, afflicted with the most dangerous and malignant symptoms of that disease, have received great benefit by a removal from the foul air of their ships, into the pure air of the hospital.

This objection being obviated, the first step then to be taken for the preservation of such Europeans as are taken ill on shore, during the rage of an epidemic sickness, is to remove them immediately as far as possible

fible from the main cause, and perhaps the only source of their sickness; that is, from the land into the sea air.

S E C T. V.

Medicines ineffectual in a bad air. Effects of unwholesome air on persons in health; and on such as are sick. Consequences of removing the sick in fevers, from an impure, into a pure air. How long the effects of bad air lie concealed in the body; and how far the fever thence produced is contagious.

THE following relation is not unapplicable to our present subject. I was lately desired to visit an alms-house, in which a low malignant fever prevailed, which had proved fatal to several of the poor people lodged there. The apothecary informed me, that he had treated this contagious fever in the most approved way, and with

such remedies as are prescribed by writers of character on infectious fevers, without being able to stop the progress of the disease, or its mortality. Upon entering into this house, I perceived two or three dead bodies lying in the same chamber with the sick.—Upon the beds of such as had died, new patients were laid, and the chambers abounded so much with stench and putrefaction, that without asking the sick any questions, or inquiring farther into their cases, I gave it as my opinion, that as long as there remained such a constant source of infection, proceeding from filth and nastiness in that place, the prescription of the most efficacious medicines would have little or no effect. This I found the apothecary had repeatedly but unsuccessfully represented to the overseers of the poor.

In like manner, when a person is seized with a fever, proceeding from the bad air of a country, his illness, while he continues there, is daily, nay hourly, strengthened and reinforced, by a constant application, or as it were inoculation of the morbid cause. We
I are

are taught by fatal experience, that the most sovereign remedies, and the best methods of cure that can be proposed for the relief of such persons, while they breathe an unhealthy air, are most frequently rendered ineffectual. Diseases in such a situation generally become more anomalous, and are both attended and followed by such symptoms, as in all probability would seldom appear in a purer air. From this cause some of the best remedies have been found fault with, notwithstanding that they produced all the effects which could possibly be expected from them, whilst the patient was constantly exposed to these sources of disease. This calumny has chiefly fallen upon the bark.

In the late siege of the Havannah, while the English troops suffered so much by the diseases incident to Europeans in those climates, the administration of the bark was blamed, because, after the fever had been removed by its efficacy, the patients were apt to be afflicted either with the jaundice, the dropy, or a swelling and obstruction in the liver.—But such diseases and obstructions

of the liver were much less dangerous and fatal than the fever, and were not the effects of the bark, but of the patient's continuing in so impure an air, and of the duration of the fever *.

But to set this matter in the clearest light, we shall here point out the effects of an impure air; first, on persons in health; secondly, on such as are sick; and lastly, the consequences of removing persons immediately, when taken ill in such an air, into a place where that element is more pure and wholesome.

First, we are to consider the effects of the impure air in hot countries, during the rainy seasons, on the human body, when in health. And here it is remarkable, that the breast and lungs, as also the throat, through which it passes, are generally the parts of the body which suffer the least, though in constant and immediate contact with it.

* See of this a full proof, in the Appendix to this work.

The parts chiefly affected by an impure air, in a hot climate, are the brain and stomach; or in other words, the nervous system, and the organs of alimentary digestion. Strangers unaccustomed to such an air, though seemingly in health, feel an oppression and lowness of spirits;—they become inactive, have a great inclination to rest or sleep, and often complain of a head-ach;—their reasoning faculties are sensibly impaired, particularly the memory.

Every kind of study, or attention of the mind to any subject, as likewise venery, are hurtful, and frequently attended with fatal consequences. Young people in particular are apt to have their head much disordered, to be stupid or slightly delirious at times.

The passions of the mind have, in this situation, a much more quick and violent effect on the body, than in a purer and cooler air. An excess of passion often brings on an instantaneous attack of a fever; a violent fit of anger, or grief, will immediately
produce

produce a jaundice, or the yellow fever : the sight of a corpse, or any other object of horror, and even a shocking story told to a person, have been often known, through an impression of fear upon the mind, to bring on a delirium, sometimes a violent vomiting and purging, which have carried off the patient in twenty-four hours.

A phrensy or delirium is often the first and immediate effect of bad air.—It has also a great influence on the stomach and intestines : it generally gives a loathing and indigestion, and an aversion to much food ; together with frequent bilious stools, which ferment like yeast. Those who seem to be otherwise in good health, become of a yellow complexion. Excesses, either in eating or drinking, prove much more pernicious to the constitution than in a purer air. A surfeit of fruit, or of gross food, but especially undue mixtures in the stomach of different things, such as flesh, fish and fruits, taken at one meal, will often produce a violent dysentery, or a fatal cholera morbus.

Any

Any debauch or drunkenness will often give a fever, which, in less than 48 hours, terminates in the death of the patient.

These are the effects of that noxious air which is often breathed by Europeans in many unhealthy parts of the world. It is always a proof of a bad air, when wounds, which are nearly brought to heal, break out suddenly afresh, attended with great putrefaction of the parts. This happens both from the putrid air of marshes and of impure ditches, as also when the hot suffocating winds blow from the deserts.

As we have considered the effects of impure and malignant air on vigorous and healthy constitutions, it will be proper next to observe its influence on sick persons. For this purpose, we shall lay before you the effects of the air from marshes in the climate of Jamaica.

On that island a commodious and excellent marine hospital was erected, for the reception of the sick seamen in his Majesty's
ships

ships on that station; which, for its usefulness and grandeur, was called Greenwich Hospital. It was unfortunately built near a marsh, upon a most unhealthy spot of ground. The effects of this unhealthy situation were, that when a patient was sent thither, with only a gentle or intermitting fever, this mild indisposition was apt to be changed either into a malignant fever, a bloody flux, or some other mortal distemper.

It was observed that the yellow West Indian fever often reigned there, attended with the most profuse evacuations of blood, by vomiting, stools, and even by every pore of the body; when no such symptoms distressed those patients whose cases had been similar, and who were permitted to remain in their ships.

The recovery of patients in that hospital was observed to be very tedious and uncertain: the least indiscretion or irregularity brought on a relapse. After a flux had been stopped for some days, the eating of any sort of food which had a putrid tendency, such as even a mess of broth, would sometimes

times in a few hours bring on a return of the disease, accompanied with all its violent symptoms. Neither did this proceed from any source of infection in the hospital, or from its being too much crowded with patients: these things happened even when a small number of patients were lodged in the best aired and in the cleanest wards. The mortality in this house was so great, and the cause of it so obvious, that there was a necessity for deserting it: no more sick were permitted to be sent thither; and another hospital, in a better air, is now fitted up for their reception.

In the last place, we may observe the excellent effects produced by removing, from an unhealthy into a pure air, the sick, labouring under the most fatal diseases.

Those who were carried to sea in the Middleburgh ship of war, speedily recovered. Their fluxes and fevers lost the dangerous symptoms, and an immediate stop was put to the mortality which raged among them at Curaçoa. During the sickness at Cadiz and Pensacola, the removal of the sick into
ships

ships which lay at anchor in a pure air, produced the same happy effects.

A malignant sickness in the islands of Grenada and the Grenadines, proved very fatal to the English, who, upon the conclusion of the late peace, first went over to settle there; but it was observed, that such of the sick as were put on board the ships to be sent to Barbadoes, generally recovered at sea, before they could reach their intended port.

Innumerable observations might be given, to confirm what has been advanced on this subject: to multiply them is unnecessary; as the effects of a change of air, upon agues and fevers in England, are so well known, and as the immediate success which attends the use of the bark, and other remedies, in a purer atmosphere, is ascertained by daily practice.

It remains only to be added, that in the most malignant diseases, the immediate removal of the patient into a purer air is often the only method to preserve his life.

Thus

Thus the Medway and Panther suffered great distress at Batavia, by a violent and mortal fever; of which we have already taken notice. But all those who had been seized on board the Medway, as soon as she put to sea, recovered immediately, to the number of 35 or 40: whereas the Panther, by continuing at Batavia a fortnight longer, lost above 50 men; and although there were some few who died on board the Medway, after she left Batavia, they were only such as had been long ill, and who seemed to perish for want of proper necessaries and restoratives at sea. Upon leaving that unhealthy port the fever entirely disappeared.

It is not to be understood, that so fortunate a circumstance will always attend ships upon their leaving an unhealthy place: the effects of the injury already received on shore from the land air, may not appear till some time after the ship has been at sea; or a contagion may be generated, even at sea, from causes which it is difficult to ascertain.

Two questions, therefore, naturally arise from the subject, equally curious and important.

First, How long a taint from the land air may lie concealed within the body, before it produces a fever?

Secondly, How far this fever is contagious?

With regard to the first question, from comparing many instances of people, who have slept on shore during the sickly season, and in consequence of it, who alone have been taken ill out of the whole ship's company, then lying in an open road, it appears,—That some are immediately seized with sickness or delirium, though in many these do not come on till they have been on board for two or three days; several have been only slightly indisposed for the first five or six days, and in a few the symptoms of indisposition have not appeared before the tenth or twelfth day.

How far this fever, as produced by the land air, is contagious, it is more difficult
to

to determine; the exemption from it, which those generally enjoy who sleep at a distance from the shore, while others who have suffered by a neglect of that precaution are sick on board, seems to prove it void of any contagion. But, upon a more narrow examination, we will be inclined to adopt a contrary opinion. Passing in silence the many means whereby infection may be communicated, so as to elude the strictest enquiry, not only immediately from the diseased person, but from his clothes or attendants, we need insist only on positive facts.

In the *Weasel* and *Hound*, two sloops of war, which happened to be in the river *Gambia* in the beginning of August 1769, at which time the rainy season commenced that year, it was observed, the sickness did not begin till two or three days after they received an infected person on board, notwithstanding they had been eight or ten days in that river.

Their being at the same time exposed to the land air, almost equally to those who were in the fort, by anchoring up the river,

O might

might greatly increase the malignity of the disease; but does not weaken the opinion of its being received by contagion, which is fully proved by a curious particular given by Mr. Robertson, in an account of his own case.

This gentleman, when feeling the pulse of a boy dying in the fever, immediately as he expired received a shock, as though electrified, attended with a disagreeable sensation not easily to be expressed, and quickly followed by a prostration both of strength and spirits, so that he had almost fainted before he reached his apartment; and afterwards suffered a very severe attack of the fever.

Both these positions will receive further confirmation by what occurred on board the Merlin sloop, which was at Gambia in the same month, the preceding year.

She continued six days in the river, being employed in wooding and watering. While there, all the men were in perfect health, but in about two days after they

put to sea, those who had been employed in wooding were successively taken ill, then those who had been employed in the duty of watering. These men alone were at first seized with the fever, and several in a day continued to fall sick for six or seven days afterwards, until at length almost all that had been employed on those services were ill; after them their attendants were seized with the fever, and in such numbers, as to leave no doubt of the disease being infectious.

Many other instances may be produced of a similar nature, which, from their number, it will be unnecessary here to mention.

We may thence justly conclude, that the fever may be communicated by contagion; but this contagion is very slight, unless co-operating with a bad air; and in a ship is often greatly checked, if not wholly destroyed, by going out into the open sea. For notwithstanding the virulence of the distemper was greatly enforced in those

sloops, when up the river Gambia, by a constant exposition to the noxious land air; yet it was so much checked upon those ships putting to sea, that they scarcely buried one tenth of the men which the fort generally does every rainy season, out of a proportional number: of ninety men, which each of these sloops had on board, the Weasel lost ten, the Hound six, and in the preceding year the Merlin four, who died of that fever, being 20 in all out of the number of 270 persons, who were on board those sloops.

A virulent contagion may indeed occur in ships at sea, but that generally proceeds from other causes, into which our subject does not at present permit us to enquire.

S E C T. VI.

The sea air found beneficial in an epidemical fever at Naples. An infirmity-ship recommended. Its peculiar advantages.

W HETHER there be any quality in the sea air besides its purity, that renders it so particularly healthy to patients labouring under those remitting fevers, and other diseases which are the subject of this treatise, I will not take upon me to determine; as my intention is to advance facts, and not conjectures. This much is certain, that in some other fevers, a change of air has been found very beneficial, and the recovery of the patients has been greatly promoted by removing them from inland places into the sea air. Of this, in the year 1764, the kingdom of Naples furnishes a very remarkable example; for the account of which, as well as for many useful observations given in this work, I am obliged to my friend Dr. John Eliot, an eminent physician in London.

From bad policy in permitting too great an exportation of corn, there was not a sufficient store left in the publick granaries of Naples, and the country became destitute of provisions.

In the months of April and May, the scarcity was so great, that the poor people tore up the grafs and green corn for subsistence, and fed on every thing in which they supposed there was any nourishment.

A malignant fever came on, and raged with more violence, as the famine increased. Hunger drove multitudes of people from the country to the capital, in hopes of being better able to procure subsistence there. The city became more and more crouded, and every day numbers dropped down dead in the streets.

The force of hunger became so strong as to break through the firmest ties of nature; mothers threw away their children, fathers forsook both; each person being fully employed in search of food for himself. So great and so general was this
scarcity,

scarcity, that villages became depopulated by death and migration.

The kingdom contained about two millions of people, one fifth of whom the state is supposed to have lost by this calamity: two hundred thousand of these by death, the rest by deserting their habitations, to seek subsistence in the neighbouring countries.

The situation of Naples is remarkably healthy; it is very populous, the streets are numerous, the houses five or six stories high, and very much crowded. The inhabitants are extremely remiss in the article of cleanliness, both within and without their habitations.

When we consider all these circumstances, the heat of the climate, and the want of proper food, it will not appear surprising, that this malignant fever raged with uncommon violence, and was every where propagated, from the number of sick dispersed up and down in all the quarters of

the city, the little care taken of them, and the negligence in burying the dead.

The absurd custom of exposing bodies to view when carrying to the grave, might even add to the progress of the distemper.

This malignant fever was accompanied with worms in the stomach and intestines during the month of May; in June worms were less frequent. In July it became highly infectious, was attended with petechiæ, swellings of the parotid glands, obstinate delirium, violent vomiting, and fluxes of blood *.

This disease raged with the most unremitting violence for a considerable time, till it was happily observed, that the sick who were moved into the hospitals which stood

* Vegetable acids were given in large quantities. Ice-water, and the bark were the great remedies. Musk was likewise found extremely useful in relieving the head-ach.

Mineral acids, where livid blotches and other high symptoms of putrefaction appeared, were administered plentifully with the best effects.

near

near the sea, recovered much quicker than in other places; and that few of them died there.

Upon this being represented to the king, money was ordered out of the treasury, for the fitting up of hospitals by the sea for the public benefit; and even after they became crowded, the number that died was inconsiderable in proportion to those lost in other places. In these well ventilated hospitals, open to the sea air, the progress of the contagion was entirely stopped; and none of the nurses or attendants on the sick were infected with the distemper.

At the same time plenty of corn was procured, and good provisions, which entirely put an end to this fatal distemper.

We may conclude from these observations, that if, on the coast of Guinea, and on all places in the East and West Indies, where the English factories are near the sea, there was another ship (besides that appropriated for the gentlemen of the factory) lying at a proper distance from the land, during

during the sickly season, to receive Europeans immediately upon being taken ill: it would be a certain means of saving many lives. This ship might be considered as an hospital for the fort or factory.

The name of hospital, or hospital ship, may convey a frightful idea of sickness and mortality to some people, but without any reason, as this vessel ought to be kept perfectly clean, and should never be crowded.

Besides, on board of her the sick will be well accommodated, and will always breathe the purest air. Upon the least suspicion of infection, it may most speedily and effectually be removed by the methods given in my *Essay on Fevers and Infection*, p. 44. & seq.

In Europe all nations have hospitals, and many of them have found it absolutely necessary to erect hospitals or infirmaries for the sick in their settlements and factories abroad.

The

The difficulty is, to find a convenient and healthy spot. The manner of obviating this we point out; and if, by way of example, a ship or hulk was moored at the mouth of the river Senegal, and properly fitted for the reception of the sick in that garrison and factory, it would be a means of saving a great number of lives during the rainy seasons.

Transferring the sick, and their hospital, from the land to the water, would put an end to the dreadful mortality amongst our troops in that part of the world. This method is therefore more particularly recommended, on account of the soldiers stationed at Senegal, and will be attended with many advantages to them.

In the first place, on board a ship, with proper care, a greater degree of neatness and cleanliness may be procured for the sick, by means of funnels pointing to the sea, and wash-cocks to cleanse them occasionally, than in most infirmaries on land.

2dly,

2dly, They may there be supplied with the most wholesome *fresh water, from the element which surrounds them, by a simple distillation; a discovery which the author of these sheets was so fortunate as to make in the year 1761: if more be wanted for the most common uses, sails or awnings, properly extended, will procure them a sufficient quantity of rain water.

Here it may not be improper to take notice of a common opinion, which prevails with many in those parts abroad, that such as have been thoroughly wet with rain or other fresh water, will from thence suffer no indisposition, provided that before putting on dry clothes they dip themselves in the salt water, or their wet skin all over with a sponge dipped in it.

3dly, Having already † pointed out the methods of rendering the air in a ship at all times wholesome, by means of purifying

* Essay on preserving seamen, 2d edit. page 85, 86, &c. where it was first published.

† Idem, page 7, 105, &c.

fumes and fires, we shall only add on this head, that when a ventilation, or change of air becomes necessary, it may be more effectually accomplished by opening some port-holes in a ship, than in most of the chambers on land. A ventilator may likewise be provided, for the more effectual drying of the timber, and of the lower apartments in the ship: it may be worked by a wind-mill fly. It is here necessary to observe, that all these ventilators should be made use of only during dry weather; and for the further preservation of the ship, the bottom should be sheathed with copper. From the rains the ship may be defended by a timber shade or spare deck, projecting a little over her sides. This will also afford an effectual protection from the violent heat of the sun, during the intervals of the showers, and occasion an agreeable ventilation when there is any, the least wind.

4thly, Besides the great benefits of dry, neat, and clean accommodations, of good water, and of a pure air, it is in the watery element alone that the most wholesome nourishment, and the most proper food for the perfect

perfect re-establishment of health, is to be found: I mean, a great plenty and variety of fish. When the sick in those countries can be supplied with green turtle, they recover very quickly, not only from the scurvy, but from other diseases proceeding from a relaxed habit of body, and a watery state of the blood. It has been often remarked, that fluxes, dropies, and an infirm constitution of body, which are the frequent consequences of acute diseases in those climates, proceed in a great measure from the low poor diet of the country, consisting chiefly of boiled rice, lean goats, fowls, and food of that kind; which render the recovery of Europeans extremely slow and tedious.

In those climates, fish caught at sea are with difficulty procured for sick or weak people, as they cannot be preserved fresh many hours, and are often tainted before they can be brought on shore. They are so apt to corrupt, even during the coolness of the night air, that it is a prevalent opinion among the fishermen there, that the moonlight in particular has a quick and powerful influence in spoiling their fish.

But

But by a peculiar blessing of Providence, not only the river Senegal, but all the great rivers whose sources are within the tropics, have deposited, by their annual inundations, great quantities of slime and mud at their openings into the sea, which form what are called the bars to those rivers. Those bars or shoals, consisting of a fine soft ooze, often extend themselves many miles from the land, and afford not only a safe anchorage for both the floating factories and infirmary ships, but they abound also with an incredible quantity of excellent fish; and one man in the infirmary ship lying off Senegal, or in most other places on the coast of Guinea, will be able to catch as many fish of different sorts in two hours, as will be sufficient for the nourishment of a hundred sick people. It has been found by experience, that no food whatever contributes more to the perfect recovery of health and strength, and to the prevention of the fatal consequences of fevers in hot climates, than fish, or rich nourishing fish-soup, warmed with the spices of the country, and, if necessary, rendered palatable by the addition of lime-juice.

Upon

Upon the whole, the immediate removal of the patient from a bad air, as soon as he is perceived to be affected by it, into the infirmary ship, will, in all probability, render his disease mild, and easily curable, and his recovery speedy and perfect. The constitution thus preserved, will at length become so seasoned and habituated to the climate, in a course of time, that it will be rendered much less susceptible of any injurious impressions either of the air or soil.— One merchant, factor, or soldier, thus constitutionally naturalized to the country, becomes more useful, and his services may be more depended upon there, than ten newly arrived unseasoned Europeans.

It has been a received opinion, that the first fever or fit of sickness alters the constitution of the body, so as to season it to a new climate; but I am of opinion, that the sudden changes of climates are greatly the causes of sickness, and that a seasoned constitution in any part of the world is chiefly to be acquired by remaining there for some length of time.

From

From the very numerous opportunities I have had of knowing the general state of health enjoyed by the seamen on board his Majesty's ships in foreign voyages, it appears, that sudden changes from heat to cold, or from cold to heat, produce almost similar effects.

Thus, if 400 or 500 seamen and soldiers sail from England to the West Indies, and make a sudden transition from a cold climate to a very great degree of heat, many of them will be seized with a diarrhœa; and such of them as drink immoderately of rum newly distilled, on their first arrival at Jamaica, will probably die of violent fevers: but if the men are kept on board ships, and much at sea: if the ship, especially during the sickly season, does not put into any very unhealthy port, after being twelve months in the West Indies, they will become perfectly seasoned to that climate, and enjoy as good a state of health as if they were in England.

In like manner, if the stationed ships,
which are generally relieved at the expira-
P tion

tion of three years, arrive upon the coast of England in the winter, and are long detained at sea by contrary winds, in a very cold season, the men having been inured to a hot climate, will again be attacked with diarrhoeas; the cure or removal of which will entirely depend on keeping the patients warm.

CHAP. II.

Advice for the preservation of such
Europeans as reside in inland
countries.

SECT. I.

*Unwholesome spots of ground in the most
healthy countries. Healthy spots in the
most sickly.*

WE come now to point out a method
of preventing the mortality which
attends these situations, where the advan-
tages of a floating factory cannot be enjoyed:
and it is to be hoped, for the sake of huma-
nity, that those who have the power of
directing, will pay some regard to them.

There are many who inhabit either inland places, at a great distance from the sea ; or where they cannot have the benefit of a security on that element, from the want of a safe anchorage for ships, at the necessary distance from the shore ; or, where salt and unwholesome marshes are formed by frequent inundations of the sea ; or, where the shores are lined with stinking ooze, mud, and aquatic weeds or plants of a noxious quality.

Now, in all those places, during the sickly seasons, Europeans must retire into the country, at some small distance from such unwholesome marshes and foul shores. Upon this occasion it is necessary to observe two things :

1st, That the most healthy countries in the world generally contain certain spots of ground, where strangers are subject to the attacks of sickness.

2^{dly}, That there is hardly to be found any island, or any large extent of continent, that does not contain some places, where
Europeans

Europeans may enjoy an uninterrupted state of health during all the seasons of the year.

In proof of the first position, we may take a view of as healthy a piece of ground, for its extent, as any in England; I mean the Isle of Wight. This Montpelier of England, for its air and productions, has a small town called Brading, where agues prevail much, and which, on account of their obstinacy, are by the islanders called Kentish agues. This sickness, which is little known in many places of the island, does not often extend itself a mile from Brading, but is particularly inveterate in one farm-house in that neighbourhood. The most healthy island of St. Christophers, in the West Indies, has its Basse-terre, which, like Bridgetown in Barbadoes, proves sickly to strangers at particular seasons.

As a proof of the second position, we shall offer Antigua. This island, especially near English Harbour, is remarkable for its unhealthfulness, as our ships of war frequently experience in the loss of their men,

by the yellow fever and flux, when they re-fit in that harbour. But an absolute safety, and a secure retreat from these diseases, are to be found in the high mountains of that island, especially in that called Monk's Hill; of which the following affords a convincing proof.—

In the beginning of the last war, about the year 1756, when the French neutrals were removed from Nova Scotia, a ship bound to Virginia, in which they were embarked, was driven by stress of weather to the island of Antigua. This mixed company of men, women and children were all sent to Monk's Hill, in order to recover from the fatigues of their voyage. Soon after this a general sickness raged in the island, when our seamen in English Harbour suffered a great mortality by the yellow fever and flux; during which time, the English soldiers, who composed the garrison at Monk's Hill, and the neutral French, though but lately arrived from their cold native country, enjoyed a most perfect state of health, being totally exempted from the prevailing distempers of the island.

When

When the English troops were at Guadaloupe, they found one part of that island extremely pleasant and healthy; and another part of it so sickly, that when a regiment or company of soldiers was ordered thither, they were almost certain of losing a great part of their number.

The island of Dominica is in most places woody and unhealthy, and especially about Prince Rupert's Bay; yet there are several French families in it, who by fixing their residence on the sides of hills, live free from the attacks of agues and fevers, the diseases common there; and thus they enjoy as good a state of health and constitution as if they were in France.

In the unhealthy island of St. Jago, there is a place called St. Domingo, where, on account of its wholesome air, it is usual for the governors, upon their arrival from Europe, to spend some time before they venture to fix their residence at the capital: by this means they gradually become seasoned to that sickly climate.

In the neighbourhood of Mobile, Pensacola, and other places in the hot, southern, and less healthy parts of West Florida, there are several elevated situations, dry, and exposed to the winds, which would afford a safe and certain retreat from the diseases which prevail in the months of July, August, and September.

SECT. II.

Purity of the air in the Brasils, and in many other places in the Torrid Zone. An elevated and temperate situation on the side of a hill or mountain recommended.

THE country of Brasil is esteemed by the Portuguese a paradise, chiefly on account of the purity of its air in most places. When the sun is vertical, the air is refreshed and cooled by the sea breezes; and its inland parts are fanned with still cooler breezes from the high mountains.— So that the Portuguese prefer the air of the Brasils; at the small distance of a few degrees

grees from the Equator, to that of their native country.

From 10 degrees north of the *Æquinoc-*
tial, to 55 south, there runs through the
continent of America a continued chain of
very high mountains, called the Andes or
Cordilleras. The tops of those mountains,
even under the Equator, are covered with
snow, and by reason of the severity of the
cold are rendered uninhabitable to man or
beast.

In descending from thence, the traveller
begins to breathe a healthy and temperate
air, where the joyful season of spring, with
all the early productions of nature, present
themselves.

Descending still lower on the sides of
those mountains, he finds himself surround-
ed with rich and luxuriant pastures, breath-
ing forth the odours of a pleasant and se-
rene summer. Thus, under the scorching
heat of a vertical sun, there are large extents
of country, where Europeans may breathe
a pure

a pure untainted air, of such a temperature as best suits their constitutions.

We may truly observe, that heat does not altogether depend upon a proximity to the Equator, but varies at inconsiderable distances, chiefly according to the elevation of the ground, and its being well perflated, as also from the nature of the soil.

Upon this last, the temperature of the climate, the colour, strength and activity, the constitutions and health of the inhabitants greatly depend. This truth is well known to those who trade for slaves on the African coast. The negroes they purchase are dull and stupid, lively and ingenious, sickly or robust, long or short lived, according to the nature of the country or the soil from whence they are brought.

From all this I infer, That the safest retreats, not only from the sultry heats, and the inundations of a low country, but also from the sickness attendant upon them, are to be found on the sides of hills or mountains, where there are no morasses within
three

three miles; preferring such places also, where the vapour arising from the surrounding vallies cannot affect them, at least in its perpendicular ascent.——Experience fully confirms this truth,—That in such elevated and temperate situations, where the soil is dry and gravelly, and clear from wood, shrubs, or stagnating water, Europeans enjoy good health in the hottest climates, during all the seasons of the year.

S E C T. III.

An asylum for health to be met with in almost all parts of the world.

THIS asylum for health is to be met with in almost all quarters of the globe. The weary traveller, even in some parts of the sultry desarts of Arabia, may, in the middle of summer, behold from afar the summits of the Persian and Turcomanian mountains covered with snow, and their sides lined with a refreshing verdure, which
is

is constantly fanned with a pure and temperate air.

Most of our principal factories in the East Indies have in their neighbourhood places of easy and safe retreat from sickness during the wet season. In Sumatra, Fort Marlborough affords a retreat tolerably safe and convenient, at the distance only of three or four miles from our most sickly settlement of Bencoolen: in which fort the English merchants ought constantly to sleep during that season, and for some time after it; while others who choose it may go to Sillebar. The unhealthy town of Calcutta, in Bengal, has in its neighbourhood the healthy situations of Barasatte and Garatte; where the gentlemen residing at Bengal should retire, in the months of July, August, September, and October.

The Dutch at Batavia, for the benefit of a quick and easy conveyance of such as are in a convalescent state, have made an excellent road, for 70 miles, leading from that city to the mountains, equal to any turnpike road in England: but it were to be wished, that

that not only convalescents, but such sick persons whose cases will admit of so long a journey, were also sent thither, or at least to the more healthy situations of Cerebon, Samaring, or Tanjapour, in its neighbourhood.

The English factory at Bombay enjoys the benefit of having several rising grounds near them, from whence, during the rainy seasons, they may in safety behold the adjacent country covered with water; the recess of which leaves innumerable pools of stagnating water, full of frogs and * dead fish, whose stench proves very injurious to European constitutions.

Within nine miles of Madras stands the Mount St. Thomas, justly esteemed for its

* It is a phænomenon in nature not easily to be accounted for, but at the same an incontestible fact, that in stagnating pools of water at Bombay, which have no communication with any river or the sea, and are produced solely by the rains, living fish are generated, of which many persons have eaten, and which, upon the drying up of these pools, die, and are corrupted as above mentioned.

air,

air, the Montpelier of all the English settlements in India. Persons labouring under a violent intermitting fever at Bengal, are no sooner brought to Madras, than their distemper commonly leaves them. Such as have been reduced to so great weakness as to be under the necessity of being carried up to St. Thomas's Mount, have in three or four days acquired such a degree of health and strength, as to be able of themselves to ascend 127 steps made in that rock for the more easy access to this paradise of health.

Not only continents, but most of the large islands in every quarter of the world, have ridges of high mountains, where the air proves healthy to European constitutions. But we shall treat only at present of those possessed by the English in the West Indies.

I have already mentioned Monk's Hill in Antigua, as a safe retreat from sickness in that island. We have also taken notice of the wholesomeness of the air in the mountains of Dominica; and it is to be hoped, that as soon as Granada and the Grenadines (which have lately proved so fatal to the English

English planters) are cleared of woods, due attention will be given to situations so eligible for houses; the advantages of which we have so strongly pointed out: we shall then hear nothing more of fatal diseases sweeping off the inhabitants of these islands. In Barbadoes there is a hill called Scotland, or the Highlands, where the air is purer, and more wholesome, than in any other place of that pleasant and healthy island.

S E C T. IV.

An application of all our directions on this head to the island of Jamaica. Instances of their salutary effects.

WE shall now collect the whole of our directions, by an application of them to the island of Jamaica.

Jamaica has one continued ridge of mountains running through it, from east to west,

west, besides some smaller hills. On the sides of those mountains the air is temperate and cool, while the vallies are scorched up with excessive heat, or covered with violent rains. Part of this mountainous ridge is at no great distance from Spanish Town, the capital, nor from Kingston, or Port-royal, the principal sea-port.

It appears from what has been said, of the healthy quality of the air on the mountains in the torrid zone, that if chosen spots of ground on those mountains were set apart, some for the recess of families in health, and others for the reception of the sick, the most beneficial consequences would thence result to all the white inhabitants of that island.

We do not recommend a retreat to the barren, cold and bleak summits of the Blue mountains; where the sudden transition from the scorching heats in the vallies or woods, to so intense a degree of cold, must be injurious to the constitution: nor to such an heighth, as where the vapours are condensed into mists or clouds.

But

But we recommend the moving into a more temperate and pleasant situation: where the heat of the day seldom exceeds 70 degrees on Farenheit's thermometer, and the cold of the night is not under 54 degrees on the same scale: where the ground is altogether cleared from wood, and has no stagnating water above or near its surface: where the soil is rich, fertile, and favourable to the cultivation of European plants, and to the health of European animals: and lastly, where sheep brought from England still retain, without any inconvenience, their fleecy covering.

There are large flat spots of ground in those mountains, which, by industry and cultivation, might be converted into the most healthy and delightful rural retirements. In such places on those hills, where at present the chillness of the evening renders a fire comfortable, and requisite to an European constitution, the improvement of the soil would gradually mend the quality of the air.

Governors, newly arrived at Jamaica,
of whom many have died soon after their
Q landing,

landing, or any gentleman who can afford to keep a horse or carriage, after doing business at Spanish Town or Kingston, might, before sun-set, return to such a healthy and pleasant country seat as is here recommended; taking the precaution of never sleeping elsewhere during a sickly season.

But without respect to a governor, or any other particular person, if we consider this proposition in a more extensive point of view, and the benefit arising from it, in preserving a multitude of lives, the greatness of the object demands the most serious attention. Though the island of Jamaica is at present much healthier than formerly, yet in certain months of the year it is infested with fevers and fluxes; and in some years those diseases prove epidemical and very fatal. It will likewise be found, that the most certain means of preserving such a number of Europeans as frequent that island, nay, their only security consists in this—That those whose circumstances and business will permit, should retire, especially during the night season, to such places for health, until they are seasoned to the
2 climate;

climate; and that others, who cannot afford this precaution, be immediately removed thither when taken ill.

The sick at Kingston or Port-royal may be carried in an easy and commodious vehicle, six or seven miles to the hills in the parish of Leoganie; or they may have the benefit of water carriage to Port Passage, and from thence be conveyed to the hills near Spanish Town, when proper houses are built for their accommodation in that cool and wholesome air.

It is certain, that a person afflicted with a fever or flux will be much less endangered by being conveyed 20 miles on his bed, in a proper carriage, than by continuing 20 hours in the air which produced his distemper.

The immediate removal of the patient in such cases into another air, often abates the most alarming symptoms of the disease, and that even in a few hours time.

When the Lion, Spence, and some other ships of war, were employed at Port An-

tonio, in the island of Jamaica, in clearing Navy-Island of wood, in order to build wharfs and store-houses in that place, many of the men, when cutting down the wood, were seized at once with a fever and delirium. This phrensy attacked a man so suddenly, and with so much fury, that with his hatchet, if not prevented, he would have cut to pieces the persons who stood near him. Orders were issued, that as soon as the men were thus seized, they should be bled, and immediately sent on board their respective ships. The consequence was, that all who were carried on board quickly recovered; whereas those who remained on shore, either died, or suffered a dangerous fit of sickness.

During the last war, it was no uncommon thing for six or eight of the centinels who were posted in the marsh where Greenwich hospital in Jamaica stands, to be taken ill in one night, with copious vomitings or purgings, a delirium, and all the alarming symptoms of a violent fever; of which they recovered in some hours after they were removed to Kingston.

But should a change into a purer air not produce such immediate effects, it will at least mitigate the symptoms of the fever: the use of medicines will be attended with more success; the patient will recover sooner, and will more speedily regain a vigorous state of health.

I shall here insert an observation, communicated to me by a very sensible man, who resided long in Jamaica.

“ I have often observed the poor seamen
 “ in the merchant-service to recover from
 “ the yellow fever, solely by having the
 “ benefit of a free and constant admission of
 “ the cool sea air into a ship anchored at a
 “ distance from the shore, where they lay
 “ utterly destitute of every assistance in sick-
 “ nefs, and even of common necessaries,
 “ having nothing but cold water to drink,
 “ and not so much as a bed to lie upon;
 “ while gentlemen newly arrived from
 “ England, by being shut up in small, close,
 “ suffocating chambers at Kingston or Port-
 “ royal, expired with the whole mass of
 “ their blood dissolved, flowing from every
 Q 3 “ pore;

“ pore; the stifling heat of their room
“ having produced a state of universal
“ putrefaction in the body even before
“ death.”

What I have here said of Jamaica is applicable to every unhealthy spot of ground, and to all our islands and plantations, both in the East and West Indies.

S E C T. V.

Objections answered. Dreadful and fatal effects of remaining all night in unhealthy places. Sickness arising from that circumstance, vulgarly ascribed to ridiculous causes. Measures beneficial in all endemical, and annual epidemical distempers.

IN opposition to what has been said, it may be urged,—That in several places which I have mentioned, as secure refuges from sickness, there are instances of those who reside in them being seized with the endemical diseases of the adjacent country. The yellow fever may seize an officer or soldier in the garrison of Monk's Hill in Antigua.—

But inferences drawn from a few uncommon and extraordinary cases, cannot fairly be admitted against general observation and experience. Such cases have sometimes occurred even in England; where, in a long course of practice, I have seen the

Q 4

tetanus,

tetanus, emprosthotonos, and opisthotonos, in as violent a degree as occur under the torrid zone : as also the dry belly-ach, the black vomit, and the hepatitis, together with the locked jaw ; all which are diseases in a manner peculiar to sultry climates. I may therefore justly adhere to the principles already laid down in several parts of this and my former writings, where the danger of sleeping in unwholesome places has been frequently represented.

Unless the garrison of Monk's Hill had been apprised of this danger, and had cautiously avoided it, the question cannot be fully determined, Whether persons who never slept out of Monk's Hill, will be attacked with the endemical diseases of the adjacent country ? It is my opinion they seldom or never would.

I mentioned this affair to a person who resided long at English Harbour in Antigua, who informed me, that he had known some of the garrison on Monk's Hill to have had the yellow fever. I desired he would be pleased to recollect the circumstances of their

their being taken ill, and whether they had slept any nights preceding their illness in the low grounds, or in English Harbour: upon which it immediately occurred to him that when he himself was seized with the yellow fever, there were at the same time two officers belonging to the garrison at Monk's Hill labouring under it, who were seized early in a morning with the same fever, after sleeping the two preceding nights at English Harbour. Upon beginning to consider the great danger of sleeping in unhealthy places, (with which he was before entirely unacquainted) he recollected, that most of the people in Monk's Hill who had been seized with this fever, were taken ill after sleeping on the low grounds; it being a common custom among the officers of that garrison to sleep in the house at English Harbour where they dined and supped.

If persons will run the hazard of their health and life, by remaining all night, or sleeping in unhealthy places, they cannot expect to reap the benefit of safety and security from a healthy air in their neighbourhood. To what I have already said on this subject,

subject, I shall here add some instances of the melancholy effects of inattention to this important advice of never sleeping in unhealthy places; and I hope that they will serve further to prove the utility, and to enforce the observation of these directions which we have recommended to all Europeans for their preservation in foreign climates.

In the year 1766, sixteen French protestant families, consisting of sixty persons, were sent, at the expence of the English government, to West Florida. The ground allotted for their residence was on the side of a hill, surrounded with marshes, at the mouth of the river Scambia. These new planters arrived in winter, and continued perfectly healthy until the sickly months, which in that country are those of July and August. About this time eight gentlemen (from one of whom I received this account) went to this new settlement to solicit votes, for the election of a representative in the general assembly of that province; where, by remaining but one night, every one of them was seized with a violent intermitting fever, of which the candidate for being the
repre-

representative, and another of their number, died. The next day seven gentlemen came upon the same business to this unhealthy spot of ground; but by leaving it before night, they had the good fortune to escape this sickness, and did all continue in perfect health.

During the months of July and August 1766, the annual fever of that climate proved so fatal to those French settlers on that unwholesome spot, that of sixty persons, fourteen only survived it; and even those who remained alive, in the September and October following, were all in a very ill state of health, not one of them having escaped the attack of the fever, and most of them dying within a few months afterwards.

In a voyage to the coast of Guinea, performed in the year 1766, by the Phoenix ship of war, of 40 guns, the officers and ship's company were perfectly healthy, till, on their return home, they touched at the island of St. Thomas. Here the captain unfortunately went on shore, to spend a
few

few days in a house belonging to the Portuguese governor of that island. This happened during the rainy or sickly season. In the same house were lodged the captain's brother, the surgeon of the ship, some midshipmen, and the captain's servants. But, in a few days after their being on shore, the captain, his brother, the surgeon, and every one, to the number of seven, who had slept in that house, were taken ill; and all of them died, except one, who returned to England in a very ill state of health. The ship lay at anchor there 27 days; during which time three midshipmen, five men and a boy, remained on shore for twelve nights, to guard the water casks, under pretence that the islanders would steal them; all of whom were likewise taken ill, and two of them only escaped with life. At that island, only those who slept on shore were taken ill, and no other man of the ship's company was seized with any distemper during their stay there, or during the whole voyage. If we except these unfortunate persons, only one man died through the whole of that time, and he was killed by an accidental blow upon the head.

None

None of those who slept on shore escaped the sickness; and of them only three survived it; one midshipman, who has ever since been in a cachectic state, for which he was a patient in Haslar hospital; a seaman, in the same condition, who has been twice under my care; and a molattoe, one of the captain's cooks, who had slept in the same house with his master, and who not being able to regain a good state of health in England, is now returned to Guinea, under a notion that he was poisoned there, and can only be cured by medicines administered by the negroes; this being a prevalent vulgar opinion among the common seamen, who have suffered in their health and constitution in that part of the world.

The sickness in this island began much about the time that the Phoenix arrived; and the governor had then taken his usual precaution at such seasons of the year, of retiring into the highest apartments of his house, where he lived shut up from the access of the external air, and from company.

Whilst

Whilst the Phoenix continued in this place, 20 or 30 of her men went daily on shore; some rambled about the island, hunting and shooting; others were busy in bartering for provisions, washing linnen, and other necessary employments: so that almost all that ship's company, consisting of 280 men, were, in their turns, ashore upon the island in the day-time; not one of whom, who returned to the ship at night, was taken ill, or suffered even the slightest indisposition.

Let all those who are apt, upon all such occasions, to attribute these accidents to the irregularities of the sufferers, consider how little probable it is that those few who remained all night on shore could have been guilty of greater excesses, or have committed more hurtful irregularities, than the whole of the ship's company, and likewise many from another ship, the Hound, then in company, of whom the greater part was ashore in the day-time. I must likewise observe, that the springs of water in this island are remarkably pure and wholesome; and though it lies directly under the equinoctial
line,

line, there is perhaps no spot of ground in the world more abundantly fruitful, or more pleasant and delightful.

The common opinion, that those people who sleep on shore in such places, are poisoned by the negroes, is so foolish and ridiculous, that it hardly deserves notice. If this is true, the negroes must only be possessed of that poison which communicates the endemic disease of the country, a fever, with its common consequences, a dropfy, jaundice, or cachexy; for such have I always found the condition of those people who supposed themselves to have received it.

Here I cannot help lamenting the untimely fate of those gentlemen, with several of whom I was well acquainted, who were thus, by an imprudent and fatal conduct, cut off in the flower of their age, and who, by continuing on board their ship, would in all probability have returned to England in perfect health. This was the case of all the officers and men belonging to his Majesty's sloop the Hound; who having performed the same voyage on this coast, arrived

rived at St. Thomas before the departure of the Phoenix from thence. They, by taking the precaution of having the ship quickly provided with wood and water, without permitting any of the men to remain on shore in the night, arrived at Spithead in perfect health; not one of them having been seized with that fatal sickness in the island of St. Thomas, which cut off the captain, and so many of the gentlemen and seamen belonging to the Phoenix.

In the year following, this ship made another voyage to the coast of Guinea, and happened again to touch at this island in the sickly season, where she lost eight men out of ten, who had imprudently remained all night on shore. At the same time, the rest of the ship's company continued in perfect health, who after spending the greatest part of the day on shore, always returned to their ship before night. On board the Hound sloop, then in company with her, only one man died during the whole voyage, the officers having been particularly careful not to permit any of the people to continue all night on shore in that place.

This

This man was cut off by an obstinate intermitting fever with which he had been first seized at Sheerness.

It may be urged, that there are frequent instances of persons labouring under the prevailing sickness of a country, who have been carried on board ship, or into a better air, where the fever still continued, without any mitigation of its symptoms, and at last proved mortal. But let that be remembered, which we have particularly recommended, the immediate removal of the patient upon the first attack of his illness; that is, in less than 24 hours after being seized with it.

I am sensible that the attack of a cholera morbus, a dysentery, or even of the black vomit, may be so sudden and violent, as to admit of but small hopes of a recovery, from a change of air; but it must be allowed, that such violent and dangerous attacks of these diseases are, at the worst, but singular and uncommon. The want of success, from the too late application of a remedy, or its failure in a few cases, cannot

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with

with propriety be objected against its efficacy. In Jamaica and other places, persons recovering from fevers are sent to the mountains, for the re-establishment of their health. There they no sooner begin to breathe the cool, refreshing, and pleasant air of the hills, than their debility, and all the complaints proceeding from it, almost immediately leave them.

When a weakly European factor leaves the coast of Guinea, he no sooner breathes the pure sea air, untainted with the land effluvia, than he finds his health mended, his appetite and his strength improved.

The change of air, in both these cases, proves the most certain means for the perfect re-establishment of health; notwithstanding some whose constitutions have been quite impaired by the long or repeated attacks of sickness in a bad air, or, by the violence of their disorders, die at sea, or in the wholesome air of the hills.

These are certain facts, and a little cool reflection upon them will serve to establish
it

it as a general and universal practice, in all epidemical diseases proceeding from a bad air, immediately to remove the patient into a more pure and wholesome atmosphere. This will be found of great benefit, not only in those diseases which proceed from such apparent ill qualities of the air as have been so often mentioned in these sheets, but in all endemical diseases, whose rage is confined to a particular spot. An universal and general sickness may most certainly be produced by some latent intemperature of the atmosphere, the sources of which cannot be traced; neither is it always easy, from the sensible alterations in the air, as to heat, cold, moisture, or such appearances as manifestly affect the human body, to account for the greater violence of endemic diseases in some seasons than in others: such a difference in the air cannot always be ascertained, as would seem adequate to the production of such violent and obstinate diseases, or of their longer duration in one season than in another.

Thus during the years 1765 and 1766, remitting and intermitting fevers were more

frequent in some parts of Hampshire, than they had been remembered for many years past: they continued to make fresh attacks even in the cold month of December; in-
fomuch that at Christmas 1766, I had no less than 100 patients, labouring under agues and fevers. In the years 1767 and 1768, without any apparent cause, they became much less frequent than in the preceding years; and, in the years 1769 and 1770, they seldom occurred even in the worst situations. But whatever were the latent causes of those unusual fevers at that time, they were evidently confined to some particular spots of ground, and to particular houses and situations; and the removal of the patients into a better air did then prove useful, as undoubtedly in parallel cases it always will.

I will conclude with observing, that in a period of eight or ten years, a violent epidemical sickness breaks out among our factors and colonists, in several places in the torrid zone. This was the case at Antigua in the years 1765 and 1766, where the fever raged with such violence, as to cut off
almost

almost a sixth-part of the white inhabitants of that island. If this fever was not contagious, and only the usual and annual epidemic of the island, raging with its utmost violence; as was that in Hampshire during the same years; to me it seems highly probable, that if the sick, when first taken ill, had been removed into the air of Monk's Hill, many would have been alive, who are now no more.

But the facts, which are here barely set down, I leave to speak for themselves. The advice, or inferences, are of such obvious importance, of such extensive utility, and so practicable, that one would think nothing more was requisite to enforce their execution in all parts of the world.

S E C T. VI.

Unhealthy settlements to be maintained by the naturalization of the natives. Military establishments in such places to be recruited by criminals. Great mortality among the soldiers in such settlements. Means of preserving such as are sent to India.

I Will here add some few instructions with regard to the more unhealthy settlements on the coast of Guinea. There some of the young natives should be educated and instructed in those branches of knowledge which may qualify them for acting as factors or merchants in the most unhealthy settlements.

Uncommon application, or great abilities in commerce, much industry, and perfect integrity, may be properly rewarded. Those who possess such virtues should be distinguished by particular privileges or honours; they should be naturalized; should be allowed

lowed to rise to a certain rank in the government or army; and they should be intitled to the other privileges of British subjects.

At Benguela, Catcheou, and other unhealthy places of Guinea, few Portuguese of the white colour are to be met with, except priests, and such as are banished to that quarter of the world. The Portuguese have so instructed and civilized many of the blacks and molattoes in their African settlements, that besides priests of a dark complexion, who are often men of letters, well versed in the Latin, Greek, and French languages, they have their principal factors, and many rich merchants, lawyers, surgeons, and others, of the same colour: all of these prove as faithful, and good subjects to the crown of Portugal as any in Lisbon.

It is remarkable that the most healthy part on that coast remains at this day unpossessed by any European nation; I mean the Banana islands: these lie at a small distance from Sierra Leon: and according to

the accounts I have had of the healthy temperature of the air, which would still be improved by cultivation, it is probable, that should the head-quarters of our military establishments in Senegal and Gambia be removed into these islands; if they were also made a privileged center of commerce, and a storehouse for trade; the English might with tolerable safety reside in them during all the seasons of the year.

In this case, all the other settlements and out-posts of the army might with safety be visited by the proper officers, and the merchants, during the dry season of the year.

In order to recruit unhealthy military posts, where it may be requisite to keep soldiers through the whole year, it might perhaps be thought adviseable that criminals be condemned to serve there for life, or for a limited term of years; and the punishment of desertion in the army might in some cases be converted into that of banishment to those settlements.

It

It is said the King of Prussia seldom puts a soldier to death ; but, according to the nature of the crime, condemns him, for a longer or shorter time, to work upon the fortifications, and thus renders him still an useful subject.

If the English were thus to send deserters and criminals to the unhealthy places on that coast, it would perhaps tend to preserve a number of useful subjects, and render such lives as are forfeited by law still beneficial to their country. It might perhaps serve likewise to wipe off the aspersions of foreigners, which we hope is unjust, that there are often more people executed in England in one year, than on the whole continent of Europe.

It is a melancholy, but a certain truth, that the maintenance of a military establishment at Senegal for three years during the last war, was attended with an annual loss of above a thousand lives ; and since the late re-establishment of a military government there, the mortality has been very considerable. Many of the officers and soldiers
who

who lately embarked for that part of the world, are now dead; and the present governor, with the poor remains of his corps, may be said to have lived to this time chiefly by repeated doses of the Peruvian bark.

The Spaniards seldom send regiments to barren and unwholesome places. Such they generally garrison with exiles. I have been informed that the annual loss sustained by the Dutch troops at Batavia is chiefly supplied by a number of idle and disorderly persons, picked up or trepanned in the streets of Amsterdam, especially foreigners, and deserters from different nations. These recruits yearly embarking in the Dutch East India ships, are a mixed company of different European nations, and not like the English regiments, consisting chiefly of British subjects, and many of these our ingenious mechanics and most useful tradesmen.

I cannot help further observing, that the warm woollen clothes, and the black hat, which constitute the regimental dress of an
English

English soldier, are altogether improper in hot climates; as in those countries, soldiers, during fatiguing marches, while sweating under the oppressive load of arms and warm clothing, are apt, in the heat of the day, to be suddenly seized with a species of apoplexy, occasioned by the scorching beams of the sun darted on the head, and absorbed by the blackness of the hat; to prevent which, a white covering for that seems requisite. To recover the patient from this fit, immediate bleeding is absolutely requisite; notwithstanding which, many die, and others remain deprived of their senses ever afterwards.

It may not be improper to subjoin a few directions for the preservation of the numerous subjects of Great Britain, particularly the soldiers, who are yearly sent to India.

As most of the ships, who perform this voyage, are either newly built, or have been for some months unemployed, without fires or people on board, they become unwholesome to the men. It would there-

fore seem necessary in East India ships, before they are fitted out, to keep constant fires of dried wood for six or eight hours every day, during a fortnight or three weeks. To evince the propriety of this advice, if, by way of experiment, a fire be made on the ballast, and the hatches shut, the smoke, which issues from the crevices, will be found to have an intolerable stench, proceeding entirely from the unwholesome dampness of the timbers.

To prevent infection, every recruit or soldier, when first sent on board, should be stripped of his old clothes or rags, before he is permitted to go between decks.

During so long a voyage a sufficient stock of clothes, with changes of linnen, and particularly a good bed, are absolutely necessary. It is observed, that when a number of such people are sent on board a ship, such of them as, not having a bed to lie upon, are obliged to sleep in their dirty clothes and linnen on the decks or on chests, will be seized with frequent chills, resembling the fit of an ague, and afterwards
have

have a head-ach, great thirst, and heat on the skin, which may be attended with a cough, pains of the limbs, or other accidental symptoms.

These are the first appearances of that infectious fever, which often, in a greater or lesser degree, annoys ships crouded with soldiers. Some will become yellow, others have spots on their body; but the head being greatly affected with a low fever, clearly evinces the nature of their disease.

As nothing will more effectually prevent this infection, than a sufficient stock of good clothes and bedding for each man on board; so, on the other hand, nothing will abate its progress so much as carrying out a super-numerary quantity of beds, linnen, and clothes, for shifting the men. On the first appearance of this fever, and of the head being affected, the application of a blister almost certainly removes it; but from filth and dirt, the most efficacious remedies will be rendered ineffectual.

We

We have further to recommend, in behalf of the soldiers and sailors in East India ships, the same supply of necessaries for the sick, as is granted in the royal navy. A man in a fever cannot live on biscuit and salt beef. Barley, rice, currants, sago, sugar, spices, and even wine, seem essentially requisite for the perfect re-establishment of his health.

If ships, in their passage to India, touch at the islands of St. Jago, Madagascar, St. Johanna, or Mohilla, or at Culpee on the River Hughly, those persons who go ashore should always return before night, as these places have proved particularly fatal to Europeans who sleep on shore, at particular months of the year: and, in all unhealthy places, when the ship lies near the land, for the preservation of the whole company, a fire should be kept burning on the fore-castle all night, and the ship have her awnings spread in such a manner, that the influence of the fire and smoke may extend themselves over the whole ship. For further directions on this head, see my Essay on preserving seamen.

If

If the soldiers be landed at Calcutta, they may be first stationed on the high grounds in its neighbourhood, until seasoned to the country.

But if the men have been very sickly during the voyage, it is advisable to keep them separate, for some time, from other persons, till perfectly recovered, and free from infection: a precaution we would recommend to all our factories abroad, from a neglect of which several of our colonies have suffered.

END OF PART II.

ADVICE

If the soldiers be landed at Colan, they may be best stationed on the high grounds in its neighbourhood, and distant to the country.

But if the men have been very sickly during the voyage, it is advisable to keep them separate, for some time, from other persons, till perfectly recovered, and free from infection: a precaution we would recommend to all our factories abroad, from a neglect of which several of our colonies have suffered.

END OF PART II.

ADVICE

A D V I C E
T O
E U R O P E A N S.

P A R T III.

C H A P. I.

Directions for the cure of those diseases which attack strangers in warm climates.

S E C T. I.

Fevers.

IN addition to what is said in the Appendix to the Essay on preserving seamen, and to the forms of medicines prescribed in the second edition of that work, I shall here subjoin some further directions and prescriptions,

tions, for the benefit of those who reside in warm climates. It is to be observed, that when a person, upon his first arrival in the West Indies, or in any other country between the tropics, is attacked with a fever, no physician can tell what symptoms will occur in its progress, or whether it will terminate by discharges of bile, by a jaundice, or by symptoms of a malignant nature.

Therefore, when an European is taken ill of a fever, during a season of prevailing sickness in those countries, it is necessary to endeavour, by the most efficacious means, to bring it as soon as possible to a remission, that the bark may be administered without delay. With this view he is to consider how far the violence of the fever in its first attack will admit of bleeding*: a few ounces of blood taken from the foot have sometimes been found to relieve the pain of the head: but he must remember that this operation is in general to be used with great caution, and the repetition of it with still greater, in those climates.

* See Appendix, p. 127, &c. to the Essay.

The chief objects of attention in all such fevers, are the contents of the stomach and intestines. Upon the patient's first complaint, and during the first hours of the fever, while perhaps he is only chilly, or complains of alternate fits of heat and cold, the stomach and intestines should be immediately cleansed, either by a vomit, a purge of manna with tincture of senna, or by an oily and purging clyster : after which the patient, especially if the skin be moist, may immediately take an antimonial draught * every six hours. It is to be observed, that according to the state of the stomach, the dose of this, or of other antimonial medicines, is to be increased or diminished ; taking care that they do neither irritate or offend the stomach : to prevent which, especially if there be a tendency to reaching

* Recipe Salis cornu cervi semi-scrupulum, succi limonum drachmas tres, vel q. s. ad saturationem, aquæ menthæ vulgaris simplicis drachmas decem, tincturæ stomachicæ drachmam unam, vini antimonialis guttas x. ad xl. (vel potius in vicem vini antimonialis, tartari emetici quartam partem grani) syrupi è corticibus aurantiorum, drachmam unam, misceantur.

or vomiting, a few drops of *tinctura thebaica* must be added to each draught, or if violent, the antimonial may be omitted, and the opiate be given in a full dose. If the volatile alcali, though combined with the juice of lemons, should be thought to decompose the antimonial preparation, the *vinum antimoniale*, or rather the *tartarum emeticum*, in small doses, may be administered, without the mixture of an acid or alcali in the prescription.

If the antimonial medicines, after thoroughly cleansing the bowels, produce a sweat, the patient will probably have an intermission of the fever, or at least a mitigation of its symptoms, in 24 hours; when the bark, if no symptom forbids, is immediately to be given. The next day a return of the fever is to be expected, if a sufficient quantity of bark has not been taken. In this case the antimonial medicines are to be repeated, during the continuance of the fever; or if the head-ach be violent, and the patient threatened either with a delirium or coma, a blister should be applied to

the back, and recourse must be again had to the bark, as soon as the fever leaves the patient; to which, if he is much weakened by the preceding fits, some snake-root or camphire may be added.

If the antimonial medicines have not caused plentiful discharges by stool, as they often do, a purge * may be given occasionally, in the absence of the fever; copious bilious stools proving frequently critical and salutary.

These are the most proper methods of treating Europeans, upon the first attack of this fever in the West Indies, that a perfect intermission, the most desirable crisis, being by this means obtained, the bark may be safely and plentifully administered.

But on the other hand, if the patient, upon being first seized, makes no complaint

* Recipe Corticis peruviani parùm contusi sesquidrachmam, aquæ libram unam, coquantur ad colaturæ uncias tres, in quâ solve salis cathartici amari drachmas sex, tincturæ corticis peruviani simplicis drachmas tres.

of his indisposition; if, as is too often the case, he supposes his illness solely the effects of drunkenness, of debauchery, or any intemperance, of hard labour or violent exercise, when exposed to the heat of the sun; and, from ascribing it to such causes, if he for some days neglects to make his condition known to the physician or surgeon, and a yellow colour shews itself in the eyes, his case is already become extremely dangerous.

The *anxietas febrilis*, or a great oppression, with the sensation of heat and pain at the pit of the stomach, come on, and frequently precede copious discharges of bile, by vomit or by stool: they are also the forerunners of a jaundice. Sometimes the region of the liver becomes swelled, hard and painful. Strong and constant convulsions of the diaphragm, intercostal muscles and stomach, follow these symptoms, and are accompanied with a vomiting of green offensive bile, and afterwards of black dissolved blood, resembling the grounds of coffee, which is succeeded by bleeding at
different

different parts of the body, a phrenzy, an universal gangrene, and death*.

As

* The following is an account of this disease, in the original, given by Doctor Bruce, an eminent physician, and native of the island of Barbadoes.

Febris putrida, apud Nostrates dicta flava, quoniam plerumque sub finem morbi, cutis flavedine suffunditur; ab Hispanis Vomito preto, et a Gallis Maladie de Siam varie nominatur. Advenas ex climate temperato in Indiam utramque corripit, et eos, qui post labores diurnos et exercitium vehemens, sub solis ardoribus feroribus nocturnis exponunt: adjecto præsertim liquorum, ut dicunt spirituosorum abusu. . . . In omni anni tempestate, sese offert hic morbus; symptomata autem graviora observantur, ubi calor magnus cum multa humiditate conjungitur.

Incipiens dignoscitur languore, dein nausea quadam, et vertigine; paulo post accedunt albor et horripulatio, perraro tamen rigor: quos excipiunt ardor vehemens, et intensa febris cum summo capitis et lumborum dolore: rubet os totum, ardentque oculi; quæ signa, adjecta anxietate et præcordiorum oppressione, pathognomonica dicuntur. Pulsus adest velox, altus, quandoque pulsitans, sed mollis; in quibusdam velocissimus, et plenus, cum respirandi difficultate. Cutis aliquando sicca est, in primis præsertim morbi diebus, sed frequenter magis rorida. Sanguis etiam ingruenti morbo missus, colorem exhibet floridum, rutilum, et quasi rarefactum,

As to the prognostics, if a jaundice makes its appearance soon, it is a bad symptom ;
livid

factum, crassamento vix cohærente, fero luteo croceo : flavescit urina. Somnus parvus est absque levamine ; jactatio frequens. Sitis in quibusdam summa est, vix adeo in aliis magna. Lingua in principio muco albescenti obducta, squalescit circa finem morbi, et in media scabra, coloris primum rufi dein quasi nigrescentis horrida apparet. Persistunt hæc ad diem tertium, aliquando quartum et ulterius. Cum vero causæ antecedentes acerrimæ sint, labefaciuntur ægri vires, et intra viginti quatuor horas, vel citius moritur. Quo citius his, primus absolvitur gradus, eo malignior solet esse morbus.

Tertiam vel quartam circiter diem deficit pulsus, fitque lentus, etiam solito magis, adeo ut absenti insuper cutis ardore, omnia in vado esse jactent indocti ; falsa tamen spe tenentur, nam cito post omnia in pejus ruunt. Invadit coma, cum deliriis interruptis ; vomitus porraceus, sudor gelidus, et deliquia ; oculorum rubor in colorem fuscum mutatus, ad flavum accedit ; sic et circa os, tempora, collum, dein per totum corpus flavedo hæcce diffunditur : mali ominis signa ; ecce enim coma altum, pulsus vermicularis, et intermittens, hæmorrhagiæ, respirandi summa difficultas, jactatio perpetua, subsultus tendinum, extremorum frigus, convulsio, mors Observatu dignum est, hanc cutis flavedinem in quibusdam obrepisse post septimam et ultra diem ; tumque vix adeo mali ominis esse Hæmorrhagiæ variis e corpore locis proveniunt ; e naribus

livid spots, which sometimes shew themselves, portend death : if the skin continues
very

ribus scilicet, ore, oculis, atque cutis poris; sanguis per sedes ejicitur, quasi niger, sic et vomitu. Urina icterica, nigrescens; apparent notæ lividæ, et in membris gangrenæ. Post mortem corpus livet, juxta præsertim præcordia, quæ in principio sedes esse morbi videbantur, hepar scilicet et ventriculus: in putredinem post hæc omnia rapiuntur.

Exsurgunt indicationes.

1mo, Ut magnus et rapidus fluidorum motus, cum febris violentia minuatur, in primo morbi gradu.

2do, Ut e corpore eluatur putrida quævis materia, sic et putrescens humorum dispositio precaveatur, in omnibus morbi gradibus.

In incipiente igitur febre, quoniam plerumque pulsus velox et plenus sit, mittatur sanguis, pro ratione virium et ætatis: repetita perraro juvat missio. Si vero pulsus adsit debilis incipiente morbo, vix detrahendus est latex vitalis.

Cum ad secundam indicationem acceditur, caute procedendum est. Ventriculus enim inflammatus, vel summe irritabilis, sæpe lenissima ægre fert medicamina: quare emetica minime exhibeantur, nisi perpetuam vomitionem inducere velis, et gangrænam: præterea morbi fomes in intestinis, sive in hepate ad ductus bilia-
arios

very dry and rough, the case is dangerous; and the longer it continues in this state, the greater

arios inhærescens, multo magis feliciter cathartici lenioribus educitur. *Æger*, si adstringatur alvus, quod in principio sæpe fit, eccoprotica statim adeat, qualia sint decoctum tamarindorum et chrystalla tartari.

Si his non auscultet venter, auxilio detur enema quoddam emolliens, et catharticum. Sæpe tamen cum eveniat in primis morbi diebus, ut quæcunque cathartica, quamvis lenissima, ventriculo rejiciantur, fugiendum hoc in casu semper est ad enemata fortiora, donec probe soluta sit alvus: postea remanente adhuc nausea, vel quidem auctis vomendi conatibus, præcipiatur extracti thebaici granum, vel grana duo, sub pilulæ forma, hac ratione, usu scilicet enematum et opiatorum, trucem hunc morbum, haud semel in praxi debellavimus.

Tertium circiter diem, labitur pulsus, &c. fortiter nunc robur est sustinendum, medicamentis cardiacis, victuque idoneo, levi, et eupeptico.

Cortex Peruvianus magni foret hic usus, nisi nauseam moveret, vires tamen in quibusdam experti sumus, ubi aderant hæmorrhagiæ, et alia summæ putredinis indicia, sed levis quidem in vomitus propensio.

Camphora, quæ in febribus putridis, lentis, optimum remedium est, huic non multum opitulatur: plerumque

greater is the danger, as such patients seldom recover, though the pulse may give hopes, and

rumque enim nauseam movet, quandoque tamen profuisse læti observavimus.

Radix serpentariæ virginianæ, valde antiseptica est, et fere semper levaminis multum ventriculi ægritudinibus adferre solet; leve autem adsit infusum.

Recipe radicis serpentariæ virginianæ drachmas duas, infunde in aquæ bullientis libra; colaturæ adde elixiris vitrioli quantum sufficit ad gratam aciditatem, et dentur cochlearia duo vel tria sæpissime. Infusio huic immisceatur vinum Maderense pro re nata.

Præscriptis omnibus ad ventriculum roborandum frustra tentatis, spes ægri julepo sequenti restoravimus.

Recipe aquæ menthæ simplicis, tincturæ stomachicæ partes æquales. Sumat cochlearia duo vel tria quaque hora vel semi-hora.

Persistente adhuc nausea, recurrendum absque mora est ad extractum thebaicum (post sedatum ventriculum exhibeatur enema catharticum) cui medicaminis generi feri semper hoc in morbo plurimum insistendum est; sic enim feliciter deorsum elicitur morbi fomes, atque materia feculina putrescens; ventriculusque levatus diætæ dein et medicinæ auscultat.

Diætæ

and the other symptoms also be flattering; for many have a good pulse in this fever a few hours before death.

If

Diæta sit levis, ex vegetabilibus antisepticis deprompta; minime vero ex animalibus, quæ ad putredinem propius accedunt. Sit potus acidulus. Decocta, vel infusa panis tostii in aqua, cum succo limonum vel tamarindorum juvant; adjecto ubi langueant vires vini pauxillo. In vinis primum locum tenent Maderense et Rhenanum. Hæc et potui esculentisque immista, parca simul copia sed sæpissime dentur.

In ultimis morbi diebus, cum summe langueant ægri vires, adsitque extremorum frigus, aliaque mali ominis indicia, augeantur adhuc medicamenta cardiaca.

Recipe radicis serpentariæ virginianæ drachmas duas, croci Anglicani semidrachmam, infunde in aquæ bullientis quantum sufficit ad colaturæ uncias sex. Adde vini Maderensis unicas quatuor, tincturæ stomachicæ uncias duas, dein misceantur. Capiat cochlearia duo vel tria singulis quibusque horis. Huic pro re nata addantur confectio cardiaca, vinum croceum, camphora, tinctura corticis Peruviani.

Absint, quæcunque sanguinem solvunt, quamvis cardiaca dicta, quales sunt sales volatiles, et spiritus cornu cervi vel ammoniaci, neque extremis admoveantur epispastica, quia sanguinem mire solvunt, hæmorrhagias atque gangrænam ferunt.

Præter

If the vomiting is constant, if what is thrown up turns to a dark colour, and the patient

Præter salutifera dicta, in quibusdam opus est nervinis, ubi nimirum ex summa materiæ morbosæ acrimonia fit nervorum distentio, urgentque spasmī, cum singultu, hoc in casu, nulla, moscho et castoreo cum opio, præstantiora.

Sub finem morbi, prægressis dissoluti sanguinis notis, pacata postquam visa fuissent symptomata graviora, vomitus quandoque ex inopino recrudesceat; et miseros diarrhœa biliosa stipatos ad orci fauces pellit; quosdam vero feliciter servatos novimus hac ratione.

Recipe corticis Peruviani contusi semunciam, coque in aquæ fontanæ unciiis duodecim, sub finem coctionis adde radicis serpentariæ virginianæ, florum chamœmeli, singulorum, drachmas duas; fiant uncia sex colaturæ; cui adjiciantur balsami sulphuris terebinthinati guttas quinquaginta, tincturæ thebaicæ guttas octoginta; gelatinæ amyli uncias duas; misce, fiat enema statim injiciendum, et diu retinendum.

Si vero enema antisepticum et anodynum fortiter minus opituletur, præscripta simul est in quibusdam pilula sequens.

Recipe extracti corticis Peruviani grana quatuor, camphoræ, extracti thebaici, singulorum granum unum. Misceantur. Fiat pilula secundis vel tertiis quibusque horis sumenda, donec sistantur paululum motus ventriculi

patient hiccups often, the case is almost desperate. If the face be greatly flushed, and the vessels of the tunica adnata become red, as in an ophthalmia; and if this symptom is accompanied with a phrenzy, the patient will die in a very short time, especially if the skin be dry.

On the other hand, if the head continues unaffected, the pulse becomes soft, the pains, anguish, and reaching be somewhat abated, by bleeding or other means; if the humours, which so violently irritated the stomach, be carried off by gentle purging, and if the skin becomes soft and moist; if the patient becomes composed, and is relieved from that oppression of spirits which before distressed him, it is probable that he will recover—as all these appearances are salutary.

As to a crisis of the fever, it may happen in different ways, without any respect to the

culi et intestinorum Enematis ejusdem et pilulæ vires, in dysenteria putrida, adstante jam spha-celo, haud semel experti sumus.

critical

critical days enumerated by the ancients. It sometimes happens by sweat; but the most favourable and certain hopes of recovery, being the best termination of all fevers of this sort, are from eruptions of small boils on the surface of the body.

A diarrhœa proves also a favourable crisis. A bleeding from the nose, or an artery, in the beginning of the fever, has sometimes saved the patient's life. But hæmorrhages, when profuse, or towards the end of the disease, are fatal. Buboes, and a swelling of the parotid glands, are unusual, though salutary symptoms.

Would the *potio frigida*, so much recommended by the ancient physicians, and administered in fevers by many of the moderns in different parts of Europe, be serviceable in this disease?

In the neighbourhood of unwholesome, damp, and woody places, during hot weather, a fever often makes its attack with a delirium.

delirium. In this case, after bleeding, if it has been indicated, antimonial medicines and blisters are chiefly to be depended upon; together with the immediate removal of the sick into another and purer air.

At the same time, sal nitri may be given in large doses well diluted; or if nauseated by the patient, the spiritus nitri dulcis * will be found to sit easy on the stomach, and the sal nitri † may be administered in clysters; the feet being frequently bathed or fomented with warm water, and sinapisms ‡ applied to them, if the case is obstinate.

* Recipe Aq. alexiter. simpl. drach. vi. aq. alexiter. spir. drach. i. succi limon. (sal. absinth. saturat.) drach. iij. spir. nitri dulcis drach. i., syr. simpl. drach. ij. M. f. haustus quarta quaque hora sumendus.

† Recipe Aq. hordeatæ unc. x. salis nitri ℥ss, albumen oui unius M. fiat enema bis terve de die injiciendum.

‡ Recipe Farinæ avenac vel tritic. Pulv. sinap. singul. p. æ. aceti q. s. M. s. a., fiat cataplasma pro pedibus.

In violent deliriums, especially if attended with convulsive twitchings, musk *, by itself, or with cinnabar, is proper. If there be worms in the stomach or intestines, 10 or 15 grains of calomel may safely be given; and towards the end of the fever, when a constant inquietude and long want of sleep distress the patient, soporific medicines are beneficial.

Leeches applied to the temples, and cupping-glasses to the nape of the neck, have also proved serviceable.

* Recipe Moschi gr. x. ad xv. sacchar. alb. drach. i. terantur simul in mortario, dein adde mucilag. gum. Arabic. scrup. iv. aq. fontan. drach. xiv. aq. alexiter. spir. drach. ij. M. fiat haustus sexta quaque hora sumendus.

Recipe Cinnabaris gr. xij. confect. cardiac. q. s. fiat bolus sextis horis sumend. cum haustu moschato supra-præscripto.

Recipe Capit. papaver. alb. drach. vi. coquantur ex aq. font. lib. ij. ad dimidiam, addendo sub finem cocturæ rad. serpent. virg. contus., rad. contrayerv. āā drach. ij. coletur liquor fortiter exprimendo, postquam refrixerit; et dentur unc. ij. omni quadrihorio additis nonnunquam elixir paregor. gutt. x.

In these fevers the cream of tartar, dissolved in boiling water, makes an excellent cooling drink, to which manna and sugar may be occasionally added. If there appears a swelling of the parotid gland, the suppuration of it should be promoted by poultices, and the patient's strength supported by wine.

SECT. II.

The Dysentery and Cholera Morbus.*

THE flux is also a disease which usually afflicts strangers in those climates. We indeed meet with few instances of an epidemical malignant fever, which is not accompanied in some patients with a flux. —The flux sometimes appears by itself, often ushers in the fever, but still more fre-

* This disease in the East Indies, where it is very frequent and fatal, is called the Mordechin.

quently

quently accompanies it. In the first case, it is generally milder, and less mortal.

The distinction necessary to be made between fluxes in all climates is,—That those which attack persons in perfect health may be considered in the light of what physicians term original diseases; but those fluxes which attack persons much weakened by a fever, and reduced to a very low condition of body, are properly symptomatic, as they proceed chiefly from the patient's debility and weakness, of which the flux is a certain proof.

When a violent dysentery seizes a person in health during warm weather, I judge the following the most proper means of relief. —After bleeding with great caution, and giving a few grains of ipecacoanha, by way of a vomit, with an opiate after its operation, let a full dose of sal catharticum amarum be administered, in order to cleanse the intestines; and afterwards let recourse be had to ipecacoanha, in the smallest doses, with opiates and rhubarb. Lastly, when the pains in the bowels and fever are quite

T 2

gone,

gone, and the purging much abated, the cold bath will, in all hot countries, contribute greatly towards a perfect re-establishment of health.—Or, for the thorough cleansing of the intestines, at the beginning of this disease, especially if a fever accompanies it, an ounce of manna, and two grains of tartar emetic, may be dissolved in a pint of common emulsion, with the addition of half an ounce of syrup of white poppies. Of this mixture an ounce should be taken every hour, until the bowels are sufficiently emptied; after which an opiate is to be given, and then a mixture of the bark with opium will often complete the cure.

But if the dysentery be accompanied with violent reachings, or a severe vomiting, on its first attack, and the patient be threatened with a cholera morbus, other medicines must be prescribed. In the first place, the stomach must be evacuated of its contents, by the gentle stimulus of large draughts of a weak decoction of chamomile flowers, or with warm water, adding to it a few drops of spirit of hartshorn, to remove the cramps
and

and spasms with which the patient at such times is often afflicted. The decoctum chamœmeli must also be administered in clysters, until the intestines be likewise perfectly cleansed: after which an opiate * must immediately be given. If the opium be vomited up, it is then to be given in double the quantity, by way of clyster, in four or five ounces of warm water, and repeated at an interval of six or eight hours.

When other methods have failed to stop the vomiting, I have often found success from the external application to the stomach of warm wine and spices, of opium and camphire †. A drop of the oil of cinnamon,

* R Sal absinth. scrup. i., succilimon, unc. fs. vel q. s. ad saturationem, aq. menth. vulg. simp., drach. x., aq. menth. vulg. spir., drach. ij. syrupi papav. alb. drach. i. tinct. thebaic., gutt. xxx. M. Vel R Opii puri gr. i. olei menth. piper. essential gutt. i. M. fiat pilula.

† R Linimenti saponac. drach. vi. tincturæ thebaicæ drach. ij. Misce.

R Camphoræ (olei olivar. unc. ij. solut.) unc. i. tincturæ thebaicæ unc. fs. Misce.

mon, taken upon a piece of sugar, musk, mint, and sometimes elixir vitrioli and spiritus nitri dulcis, are the most proper internal medicines; allowing the patient for drink, mint-tea, toast and water, or almond-emulsion, and sometimes chicken broth. But if the vomiting continues for some time to be very obstinate, and the bowels be well purged, the safety of the patient will then entirely depend on bathing the stomach well with opiates and camphire, and on administering tinctura thebaica in clysters, to be repeated with an increase of the opiate every six hours, until the vomiting and pains cease, or the patient's head be affected by it.

In such obstinate and dangerous cases, I have sometimes been obliged to increase the quantity of tinctura thebaica to half an ounce in the clyster, before the spasms could be removed. But previous to giving

R Emplastri e cymino unc. i. fs., opii, drach. fs. camphoræ, drach. i. olei essential. menthæ vulgar., gutt. x. Misce, fiat. s. a. emplastrum regioni ventriculi applicandum.

opium

opium in so large a quantity, I generally applied blisters to the legs, after using the pediluvium; or if a violent and fixed pain in the stomach, or in any part of the abdomen, had continued from the beginning of the disease, which was not removed by bleeding or warm fomentations, I then applied a blister to the seat of that pain.

In the dysentery or cholera morbus, when the whole abdomen is hard, tense, and painful, immediate ease is often procured by fomenting it with a decoction of chamomile and elder flowers, together with some heads of white poppies, sprinkling the flannels dipt in the fomentation with spir. vin. camphoratus, immediately before they are applied.

In some dysenteric cases, opium proves most effectual when given by the mouth, in others when in clysters. For other anti-dysenteric medicines, see Formulæ medicamentorum.

S E C T. III.

The Dry Belly-ache.

BESIDES the prescriptions formerly * given for the dry belly-ache, from two to four or five table-spoonfuls of the oleum palmæ Christi may be taken every hour, until a stool is procured. I am informed some have received benefit from a mixture of equal parts of sweet oil, lime-juice, and Holland's gin; of which two spoonfuls were taken every half hour, until the pains were abated by a plentiful sweat; though after all, the principal relief in this painful disease is to be expected from persisting in the use of opium, in clysters †, and in embrocations ‡ on the part affected, until the pain is somewhat mitigated; taking then the

* Vid. Formulæ medicamentorum.

† R Aq. font. tepid. unc. vi. tinct. thebaic. drach. unam — ad semunciam, M. fiat enema.

‡ R Liniment. saponac. unc. iij. tinct. thebaic. unc. ij. M.

oppor-

opportunity of administering cathartic medicines by the mouth to procure stools, whose operation will be greatly forwarded by the warm bath. When there is a frequent inclination to vomit, an emetic may be given, which will sometimes also procure a stool. From the operation of an emetic bile is often thrown up from the stomach, but the stools are not bilious; they are generally hard and very costive: purging clysters ought, therefore, to be administered every hour, and opium, to the quantity of two or three grains, at bed-time. The stomach in this disease will often retain medicines tolerably well, when doses of sal catharticum amarum, with manna, and a decoction of senna, taken every hour, may produce the desired effect. To prevent a relapse, which is very frequent, the patient must be kept in a lax state for some time afterwards, by the daily repetition of the same purgative medicines, or by gum pills with aloes*; and if afflicted with

* R Pilul. gummos. gr. xv. camphoræ, aloes soccotrin. ana gr. iv. elixir aloes q. s. f. pilulæ iv. quotidie sumendæ.

with rheumatic or paralytic complaints, nervous and strengthening medicines should be taken.

When the vomiting is incessant, the pain very acute, and nothing can be retained upon the stomach, Dr. Eliot observes, that stools may be procured, and all the uneasy complaints removed, by giving purgatives, joined with opiates and camphire*.

℞ Balsam. Peruvian. (in vitello ovi solut. durat.) drach. ij. aq. font., unc. vi., tinct. valerian. simpl., unc. i. spir. lavenduli comp., semuac. syrup. balsam., drach. vi: M. dosis unc. i. fs. bis die.

Vel ℞ Sal succin., ꝯß, sal cornu cervi, gr. vi. aq. font., drach. x. aq. juniper. comp., drach. ij. syr. e corticib. aurant., drach. ij. M. fiat haustus octava quaque hora sumendus.

* ℞ Pilul. ex colocynthide simp., scrupulum unum, calomelanos, camphoræ, singulorum, grana quatuor, opii, grana duo, fiant pilulæ numero sex, quarum duæ assumantur quaque hora, donec bis terve soluta fuerit alvus.

Camphora cum guttulis aliquot spiritus vinosi rectificati teratur, ut mollescat, atque opium eodem modo emolliatur, his peractis perfecte misceantur cum reliquis.

At

At the same time emollient clysters should be given, and the belly fomented with the *fotus communis*, to which soap ought to be added, when the constipation is remarkably obstinate.

The dry belly-ache, though one of the most painful and excruciating distempers, seldom proves mortal, unless it has been occasioned by sleeping on the ground, exposed to the night air, or by drinking immoderate quantities of newly distilled spirits, which are too frequently made use of in the beginning of the disease.

S E C T. IV.

The Tetanus and Locked Jaw.

I Before observed, that the tetanus, emprosthotonus and opisthotonus, are most frequent in hot countries; in all which opium seems to be the principal remedy.

In these diseases opium may be administered in large quantities, an hourly increase
of

of the medicine being requisite, in proportion to the violence of the spasms. In a case of the opisthotonus at Haslar hospital, the extractum thebaicum was given, to the quantity of a scruple, in less than twenty-four hours: and in another case it was remarkable, that an application of opium and camphire to the feet instantly removed the spasm; which, upon taking off the application, immediately returned with its former violence. This effect was several times produced by the repeated applications of these preparations.

But the spasm most fatal to Europeans in hot countries is the locked jaw, which is the frequent consequence of an amputation, or even sometimes of a slight wound in those climates. It was fatally experienced towards the end of the late war, at one of the most remarkable sieges in the West Indies, that five persons in six, whose limbs were amputated, died of that spasm.

There appears to be no fault in the blood in such cases, nor an universal disorder in the solids, preying on the vital organs, or
debi-

debilitating the principles of life, this being merely a local muscular spasm; hence it is to be hoped that a sufficient number of experiments will discover an effectual method of removing this dangerous symptom; and for this purpose I beg leave to offer a few considerations.

As the locked jaw most frequently makes its appearance in warm weather, and in hot countries, would not an immediate change of air prove the means of saving the patient's life? Where it is impossible to remove the patient into a cool air, would not some benefit be derived from the immersion of the whole body, or part of it, in cold water; adding frequently sal ammoniacum or nitre, in such quantities, that by the continual solution of these salts, the water may acquire the utmost degree of coldness?

As the internal use of opium has been frequently found ineffectual to remove this dreadful symptom, would it not be greatly assisted by the external application of a strong solution of opium to the wounded part, and even to the seat of the spasm, in such

such a quantity, as to bring a numbness and paralysis on those parts?

The use of mercurial ointment in the tetanus has of late, I am informed, been attended with considerable success. As soon as a salivation is produced, it is supposed the cure is accomplished; and, in order to procure this more speedily, the patient is put into the warm bath. Opium should be given at the same time to procure sleep. A more particular account of this, we hope, will soon be published.

SECT. V.

The Barbiers.

THE barbiers, a species of the palsy, is a disease most frequent in India. It distresses chiefly the lower class of Europeans; who, when intoxicated with liquors, frequently sleep in the open air, exposed to the land winds. Its attack is generally sudden, and entirely deprives the limbs of their motion. Sometimes all the extremities

mities of the body are affected, sometimes only part of them. The natives of the country have a method of putting the patient into a hole dug in the ground, and covering him with sand up to his neck: this is done in the middle of the day, and he remains there as long as he can bear the heat of the sand, which is considerable.

Camphire and a decoction of Guaiac wood have sometimes produced a good effect; also the expressed bitter oil of the mergoote, an Indian plant. But notwithstanding the use of the most powerful and most nervous medicines, the patient generally continues paralytic for some months, unless he is removed into another air.

mangos?

On the Malabar coast this disease is more violent and frequent, and attacks both natives and strangers, especially in the months of December, January, February, and March. During these months the land-winds issue every morning about sun-rise, from the neighbouring mountains, with remarkable coolness; and such as being tempted by the serenity of the season, sleep exposed to

these winds, are often suddenly seized with a very painful sensation in the periosteum of the arms and legs.

In persons of a good constitution this pain abates as the day advances, and as the air becomes warmer; but in others it continues for a considerable time, attended with a weakness of the knees, and uneasy sensations in the calves of the legs and soles of the feet, especially on any attempt to walk. This is scarce ever cured by medicine till after the shifting of the monsoon, unless the patients can be removed to the coast of Coromandel, or to any place to the eastward of the Balagat mountains, where, by the change of air, they quickly recover.

But I now pass on to offer a few directions, for the benefit of those Europeans, who perhaps, after their constitutions have been impaired in hot and unhealthy climates, are desirous of returning to their native country, and this we shall make the subject of the following chapter.

If they have lost their complexion, and

nausea; if the stomach be much weakened, the digestion bad, and the constitution impaired, if they have had fre-

CHAP. II.

Directions for the benefit of those whose constitutions have been impaired abroad.

If they will find the Bath waters an excel-

complaint; as also for a contraction of the limbs remaining. I. belly-ache.

SECT. I.

Directions for those of a relaxed and bilious habit of body.

PEOPLE whose health has been impaired abroad, and who propose to revisit England, should endeavour to arrive in the beginning of summer, as they will find the winters of Great Britain, on their first arrival, too piercing and severe for their constitution.

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If

If they have lost their complexion, and have a yellow tinge in their eyes or countenance; if the stomach be much weakened, the digestion bad, and the constitution infeebled and relaxed; if they have had frequent fits of the cholic, or if an hardness remains in the liver, spleen, or in any of the bowels, they ought immediately to go to Bath.

They will find the Bath waters an excellent restorative, and well adapted to these complaints; as also for a contraction of the limbs remaining after the dry belly-ache.

Those who are afflicted with bilious cholics and obstructions, occasioning a hardness of the abdomen, frequent costiveness, and a vomiting at intervals of pure bile, should take a tea-spoonful of elixir aloes morning and evening, and 20 or 30 drops of elixir vitrioli twice or thrice a day, upon an empty stomach. There are however three cases of such patients which forbid the use of the Bath waters, and which require very different means of relief: a consumptive habit

habit of body, a dropfical habit, and an habitual flux.

SECT. II.

Directions for those of consumptive and dropfical habits of body.

A Consumptive habit of body is commonly attended with an obstinate cough. I would advise such as are in that situation, before they land in England, to pass a winter either in Lisbon, Naples, or the south of France. Sometimes the hotwell waters of Bristol, a voyage at sea in the summer time, and issues in the affected side, have been attended with benefit *.

In habits exhausted by a long residence in warm climates, and by frequent returns of the diseases prevalent in them, even when

* See the proper prescriptions under the article Phthisis in Formulæ Medicamentorum.

those unhappy persons arrive in Great Britain at an unfavourable season of the year, with hardness of the abdomen, bilious purging stools, and hectic fever wasting their bodies, and diminishing their strength, Dr. Eliot informs me, that he has often succeeded in restoring their constitutions, by laying aside the use of opiates, astringents, and the whole class of those medicines commonly called strengtheners, and putting them upon a diet of milk and fruits; at the same time giving the sal polychrestum as an alterative; or if it produced too much irritation in the stomach and bowels, giving it with gum arabic.

During this course, and whilst the hardness remained, the belly was rubbed, night and morning, with a strong decoction of the cicuta made in oil.

Dr. Eliot likewise observes, that in all consumptive cases, where the fever was considerable, riding as well as every other exercise did hurt, increased the violence of all the symptoms, and rendered the disease more speedily fatal.

The

The Doctor likewise informs me, that though he has been induced by very respectable authorities to give the bark in scrophulous habits, yet he has never seen any good effects from the use of it, where there were marks of inflammation, but that generally it produced a confirmed phthisis, by increasing the fever, and bringing the tubercles to suppuration.

He also observes, that he has been confirmed in his opinion with regard to the bad effects of the bark in such cases, both by the success which has attended a different treatment in his own practice, and by the repeated observations of Sir William Duncan, a physician of great ability and experience, who after upwards of thirty years practice in London, and the most frequent opportunities of treating patients who laboured under all the various degrees of consumptions, and obstructed glands, from hereditary as well as from other causes, yet never saw any benefit from giving the bark, where these complaints were attended with an inflammatory fever, but generally found

that the disease was fixed by it, and rendered incurable.

Those who are afflicted with a dropfical habit of body, may come directly from a hot country to England, as a cool air will contribute much to their recovery. The best method of treatment of this disease has been given by Dr. Monro and Baron Van Swieten *, to which I have only to add, that when the constitution was tolerably found, I have often cured very obstinate dropfies, by exciting a gentle salivation with a scruple of *pilulæ mercuriales* †, taken every other night, and on the intermediate days giving a diuretic mixture of syrup of squills, with *sal diureticus*.

By this method I cured above 40 dropfical patients in the year 1765, who were

* See Monro's Essay on the Dropsy, and Van Swieten Comment, in Boerhaavii Aphorismos, tom. iv.

† R Aq. pulegii simpl. unc. v. aq. raphani comp. unc. i. *sal diuret.* drach. i. oxymel. scillit. unc. fs. M. ap. unc. fs. 4tis horis.

seized with the disease after obstinate inter-
mitting fevers.

SECT. III.
Of an habitual Flux.

THE most frequent malady with which
persons are afflicted, who have suf-
fered much sickness abroad, is an habitual
flux.

When rhubarb and other medicines have
failed, and particularly when ipecacoanha,
in small doses, though joined with opiates,
seemed to ruffle such patients, I have ob-
served good effects from ten grains of lapis
calaminaris finely levigated, then mixed
with an equal quantity of philonium Londi-
nense, and taken morning and evening; as
also from a decoction of the Semiruba bark *,
when

* R Corticis Semirubæ unciam unam, aquæ fon-
tanæ sesquilibram, coque ad libram unam. Tum co-

when it did not occasion a nausea or sickness, which it sometimes does.

Among an uncommon number of such patients, whom I have had frequent opportunities of visiting, I always found, that if the flux was very obstinate, no relief could be obtained without the aid of opium. There was a necessity for adding it to all the other medicines, whether purgative or astringent. Opiates, especially those of the warmer kind *, are as specific in such cases as the bark is in agues : and if the patient seems more relaxed by the use of them, or more purged after the short respite obtained from them, these are proofs of the strength

landus est liquor, quem totum partitis haustibus ægrotus ebibeat quotidie ante meridiem.

This medicine I first used on the recommendation of Doctor Wind.

* R Philon. Londin. drach. fs. pulv. rhabarb. gr. x. syrupi papaver alb. q. s. f. bolus mane et hora decubitus sumendus.

R Olei cinnamomi, guttam unam, opii puri, granum unum, confect. cardiac. boli gallicæ sing. scrupulum unum, syrupi cussilibet, q. s. f. pilulæ.

of

of the disease overpowering the efficacy of the remedy, and by its continuance sinking the patient's strength.

I have seen an hundred cases of this sort, where the whole fluids of the body having been (as it were) drained by a long continued flux, the discharge at length stopt, and the patient lived afterwards in good spirits for some weeks, though reduced to a perfect skeleton. After death, the intestines were found perfectly free from ulcerations, and in a sound state.

END OF PART III.

APPEN-

of the disease, showing the efficacy of the remedy, and by its continuance linking the patient's strength.

I have seen an hundred cases of this sort where the whole fluids of the body having been (as it were) drained by a long continued flux, the discharge at length stopped, and the patient lived afterwards in good health for some weeks, though reduced to a perfect skeleton. After death, the intestines were found very dry from absorption, and in a sound state.

It is not, however, in all cases that the patient recovers, and in some the disease is fatal. In the latter case, the patient is found dead, and the body is found in a state of putrefaction.

END OF PART II.

It is not, however, in all cases that the patient recovers, and in some the disease is fatal. In the latter case, the patient is found dead, and the body is found in a state of putrefaction.

A P P E N D I X.

Concerning Agues.

I CANNOT prevail upon myself to conclude this subject, without offering a few directions for the benefit of those who reside in low, damp places in England; which may be also beneficial to others in similar situations.

A person may be seized with an intermitting fever, or what is vulgarly termed an ague and fever, in the most wholesome spot of ground in England.--This disease however is peculiarly endemial, in low, woody and marshy places; where persons of all
ages,

ages, and of both sexes, are subject to its frequent attacks; from which even infants at the breast are not exempted. It is far from being mortal to the natives, though its long continuance is apt to impair their constitutions, and to produce obstinate chronic distempers.

In this endemial sickness the greatest danger is to be apprehended from its appearance at particular seasons, in the form of a continual or remitting fever, attended with violent and alarming symptoms, especially that of a delirium; from which it is commonly denominated the phrensy fever.

If large quantities of blood be repeatedly taken from patients labouring under this disease, by mistaking it for a true inflammatory fever, its obstinacy and fatality will be greatly increased. These profuse bleedings are more particularly hurtful, when symptoms indicate a speedy remission of the fever, or its termination in a regular ague, commonly prevalent at the same time.

It

It is much to be wished that we were possessed of a medicine which would speedily remove this species of fever, or bring it to a perfect intermission, so that the bark might be administered with safety. I have already mentioned, in the former part of these sheets, the method which proved most successful for this purpose, during an unusual and violent prevalence of this fever, in the year 1765. But having made frequent mention of the febrifuge virtue of antimonial medicines, in this and my former writings on fevers, I shall here take the opportunity of delivering my sentiments more fully upon them.

By an order from the right honourable the lords commissioners of the admiralty, the navy of England and the naval hospitals were supplied with a medicine, called Doctor James's Powder; with instructions to observe and report the effects of it in fevers.

In obedience to that order, this powder has been given at Haslar hospital, in various cases of fevers, to above a thousand patients,
for

for whom antimonial medicines were judged safe and proper.—It was always thought most adviseable to give only a small dose at first, in order to try its effects on the patient; as antimonials, in a full dose, often prove unexpectedly violent, and hurtful in their operation. A third or fourth part of the powder contained in one paper was commonly prescribed at first, and repeated every four hours. When the whole quantity in a paper, which varies in weight, from 24 to 30 grains, had been thus administered, without producing any sensible effect, half a paper was given in one dose, and repeated every six or eight hours; after which, if the patient still remained costive, and it was judged that stools would be useful, a whole paper was administered at once: that quantity having been frequently found to be a mild and efficacious purge, even after the recess of the fever.

If the patient could swallow a bolus, this powder was mixed with *conserva fructus cynosbati*, except when there was a diarrhoea, or too frequent stools; in which case it was administered in a proper dose of *philonium*

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Londinense, which effectually checks its purgative quality. When there was a subfultus tendinum, four or five grains of camphire were added to the powder, and other medicines occasionally.

This powder was given with most success, when the head was afflicted with violent pain, or stupor, and often when the patient was delirious or comatose, or both; in which last state, after he had continued several days, there were many instances of an apparent speedy and salutary effect from this medicine.—And it was remarked, that this effect was produced, whether the medicine evacuated by stool, or acted only as an alterative; and it seemed not to depend upon the benefit of any evacuation, but upon the specific febrifuge virtue of the powder.

It is however to be observed, that when this powder was given, nothing had been omitted, on account of its administration, which could promise relief or safety to the patient; bleeding, blistering, and all other requisite evacuations were used, together with

with the most proper regimen, in the same manner as if no such powder had been given.

But as fevers differ much in their nature, one remedy, or one powder, cannot be universally successful in all fevers; for as bleeding is known to be of great benefit in some, so it will be found, towards the conclusion of this Appendix, that opium is of equal benefit in others; and the effects of bleeding and opium are so entirely opposite to each other, that the mistake of applying one of those remedies where the other is proper, must be attended with bad consequences.—In the same manner, the promiscuous use of this powder, in the hands of the ignorant, and of quacks, will render it doubtful, whether such a remedy would do most good or harm. As physicians cannot venture to prescribe a medicine, of a composition unknown to them, being unable to judge from what ingredient or quality in that composition any bad symptoms may have proceeded, which might accidentally be produced by its use; so upon the whole, this medicine, until made public,

public, is not likely to be of great benefit to mankind.

As to other antimonial medicines, such as the Kermes mineral so much used in France, and the antimonium diaphoreticum, I have very little experience of their effects; but, from repeated trials, find the tartarum emeticum possessed of a virtue eminently febrifuge, and similar to that of Dr James's powder.

This antimonial preparation requires also to be occasionally compounded with other medicines, to improve its efficacy, or to prevent its irritation of the stomach and bowels *. Half a grain † of it will be quite sufficient for the first dose, which may be repeated every six hours.

* See more on this subject, in my papers on Fevers, page 82 & 83.

† Recipe Aq. alexiter. simpl. drach. x. aq. alexiter. spir. fyr. e corticibus aurant. singulorum, drach. i. tartar. emetic. granum dimidium. Misce. fiat haustus, cui adde, pro re nata, nitri gr. iij. vel iv.

Upon several comparative trials, in similar cases of patients, I have found the tartarum emeticum to be possessed of a greater febrifuge virtue than the vinum antimoniale. I have however sometimes prescribed with success the vinum antimoniale in large quantities, when a patient, in a fever, had continued for several days in a doubtful state of recovery, comatose, and insensible, with a continual stupor on the brain, and a violent struggle and oppression of the vital organs.

In this case, I give a drachm of the vinum antimoniale diluted with water, and repeat it every two hours, with the increase of half that quantity, until an ounce is taken, or some sensible effect produced. If it brings an inclination to vomit, this evacuation should be promoted by drinking warm water. When there is a tendency to a looseness, lest the operation of this medicine by stool should reduce the patient's strength, I order forty drops of the tinctura thebaica to be added to an ounce of this wine; having found the operation of all these

these antimonial medicines this way easily prevented by an opiate.

A caution is here requisite, carefully to avoid the addition of an alkali to an antimonial preparation, as it would decompose the antimony in most of its preparations commonly used. Hence the testaceous powders, frequently combined with tartarum emeticum, would seem totally to divest that medicine of its efficacy. Let me add, that these medicines being of such importance, ought to be prepared with the greatest exactness, and used when newly made, as long keeping, or an exposition of them to the air, greatly injures their virtues.

But continual fevers not being the subject of this Appendix, I now proceed to the more immediate object of our attention, the prevention and cure of intermitting fevers.

For the benefit of such persons as reside on unhealthy situations in England, I offer the following directions.—First, in autumnal

nal and aguish seasons, carefully to avoid all sudden transitions from severe cold to great heat, or from great heat to an excess of cold, but particularly not to expose the body to an easterly wind, rain, or night fogs; which produce a chillness, and are generally said to be productive of colds. It is to be observed, that the causes of the diseases of which we treat are of two kinds.

The immediate cause of agues in those situations, is the soil and air of the place: but the pre-disposing causes, or those which render the constitution subject to their attacks, are many and various; such as lying in a damp room, in linnen not sufficiently dry, or travelling in a cold damp night, neglecting immediately to put on dry clothes after being wet by rain, and the like incidents.

The vulgar commonly ascribe most fevers, agues, and other indispositions, both in hot and cold climates, to such causes, or to irregularities in living: but the truth is, that all these pre-disposing causes, vulgarly assigned

as

as solely productive of those diseases, only dispose the constitution to receive the hurtful impressions of a bad air.

The second direction is, for strangers not to reside in such places during those seasons, but to retire into large towns, where the bad effects of a damp air are in some measure removed by the number of fires, and the smoke. For it has always been remarked, that agues are not only more frequent, but also more violent, in the country, and farm-houses, than in large villages or towns; and a retreat thither, or to a more dry and elevated situation, although at no great distance, often proves the most effectual preservative against them.

Thus, in the autumn of the year 1759, two regiments, which lay encamped on South-Sea Common near Portsmouth, were greatly afflicted with intermitting fevers and fluxes: but upon leaving that spot of ground, and encamping about five miles distant from it, on Portdown-hill, not one man was afterwards taken ill of those diseases.

When necessity obliges men to remain in unhealthy situations, they should sleep in the highest apartments of the house, which look to the rising and meridian sun. Houses built in such places ought to be so constructed as to have no doors or windows fronting a damp soil or marsh; a precaution which would undoubtedly contribute much to the health of its inhabitants. Wood fires kindled in the rooms morning and evening, during the continuance of an easterly wind, will prove serviceable, especially if made of resinous woods, such as pine or fir.

Thirdly, Persons in such places and seasons should avoid exposing themselves, when fasting, to the chills of the morning and evening air, and never go abroad with an empty stomach; but, previous to labour or amusement in the fields, they should take either a glass of wine, with a slice of bread, or drink a small quantity of chamomile or bark tea.

When labourers are obliged to work in the open air, before the sun has dispersed the
the

the unwholesome vapours arising from low meadows or marshes, their masters should infuse some garlic, bark, and rhubarb, in brandy, and give them a dram of it, either by itself, or diluted with water, in the morning, before they go abroad. This would prove a good preservative of health, especially to such as are to be employed in digging ditches, draining marshes, and the like dangerous occupations. Labourers so employed would do well to chew garlic or rhubarb, to put small plugs of tobacco in the nostrils, and not to swallow their spittle.

In all damp seasons and places, smoaking tobacco is beneficial, as also a more plentiful diet of flesh, with wine and spices, the frequent use of the cold bath, and the flesh brush. The pit of the stomach, the feet, and the back-bone, are more particularly to be guarded from cold, by coverings of flannel: and persons of a delicate constitution may not only have their flannel, but also their linnen and wearing apparel, daily fumigated and warmed, by the steams arising from gum Benjamin thrown on embers.

Such as would rather choose external, though less efficacious means of safety, may wear garlic or camphire, sewed up in a piece of linnen, suspended at the pit of the stomach, or on the groin. And indeed the known efficacy of remedies outwardly applied, and the extreme subtilty of the effluvia from those here mentioned, render such preservatives not altogether so contemptible as commonly imagined.

Strangers in such places, or those who are subject to agues, should take every other night two or three tea-spoonfuls of tinctura sacra, or a few grains of pilulæ Rufi. These medicines ought not to be taken in such quantities as to become purgative, but only to keep the body in a gently lax state.

For farther prevention, a wine glass of an infusion of the bark and orange peel in water *, or what will prove more effectual, a table-spoonful of a strong tincture of the

* Recipe Cort. Peruvian. contus. unc. i. cort. aurant. hispaliens. semunciam, aquæ fontan. bullient. sesquilibram. Simul infundantur. Subsidentia depuretur liquor et tempore usus caute effundatur.

bark †, in spirits, diluted occasionally with water, may be taken every morning before breakfast.

When a person is attacked with a fit of shivering, or the chills of an ague, he ought to go to bed; and mixing about two ounces of vinegar with a quarter of an ounce of finely powdered chalk, or of prepared crabs eyes, should drink them immediately, while in an effervescent or fermenting state. This draught generally shortens the cold fit, and produces a profuse sweat; and the repetition of it in all the subsequent paroxysms will prove equally serviceable in mitigating and removing the cold fit; as I have experienced in several hundred cases.

But for the cure of this disease, early recourse should be had to medical advice; and the physician will be able to judge what preparation of the body is requisite, previous to the administration of the bark: a

† Recipe Cort. Peruvian. trit. unc. i. spirit. vin. Gallic. unc. viij. Digere per quatrimum et cola.

vomit,

vomit, or a stomachic purgative, such as *tinctura sacra*, generally answer well.

It is not unworthy our observation, that agues or intermitting fevers have been so malignant after hot summers, in some unhealthy spots of England, that there was an absolute necessity to administer the bark upon the first intermission of the fever, with scarcely any preparation of the body, as a return of the fit often proved fatal.

We before remarked, that at the late siege of the Havannah, the administration of the bark was said to have produced the dropsy, jaundice, bilious obstructions, and other chronical distempers: all of which were the effects of a bad air, or of the continuance of the fever, and not the consequence of having taken the bark. Indeed most of the prejudices commonly entertained against this medicine are founded on imperfect observations, and proceed from not distinguishing the effect of the remedy from that of the disease.

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I had daily opportunities of knowing the truth of this matter, during the uncommon prevalence of remitting and intermitting fevers in the year 1765, and in the two following years; when they spread themselves over the greater part of England, and furnished me with a number of patients, labouring under all the various symptoms of these diseases.

When the ague was stopped by the bark, immediately after the first or second fit, as in my own case, and that of 200 of my patients, neither a jaundice nor dropfy ensued: whereas when the bark could not be administered, on account of the imperfect remissions of the fever, or when the patient had neglected to take it, either a dropfy, jaundice, or a constant head-ach, were the certain consequences; and the degree of violence was in proportion to the number of the preceding fits, or to the continuance of the fever. By every paroxysm, the dropfical swellings were visibly increased, and the colour of the skin rendered of a deeper yellow.

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When the fever continued a few days without remission, the belly and legs were generally swelled; at the same time a violent head-ach and vertigo afflicted the patient, insomuch that even after the fever had left them for a fortnight or three weeks, some were not able to walk across their chamber.

When the returns of the fever were perfectly regular, and even but slight, four or five fits of a simple tertian were sometimes followed by the most dangerous symptoms; especially in the year 1765, when these fevers raged with the greatest violence: as in the following instance—

A boy of 14 years of age was attacked with an intermitting fever, for whom I ordered a dose of *tinctura sacra*, and afterwards the bark; but to my great surprise, notwithstanding several ounces of bark had been prescribed, his ague still continued. After having suffered six fits of it, I found much water in his breast, belly, and legs; and his countenance was so bloated and yellow,

low, that his case seemed desperate. I was then informed, that having an insuperable aversion to medicines, he had not taken any of the bark, but was now willing to submit to every thing that would contribute to his recovery: upon which I ordered him to take a drachm of the bark every two hours, and occasionally a mixture of syrupus scilliticus with sal diureticus. Thus another fit, which in all probability would have put an end to his life, was effectually prevented.

If, as frequently happened, a dropfical patient suffered a relapse into the ague, there was an absolute necessity for putting an immediate stop to it by the bark; and in above seventy such patients, I never observed any other than the most beneficial effects to have accrued from that medicine.

I never prescribed the bark until the patient was free from all symptoms of the fever; and in that case, without regard to a cough, or any other chronical indisposition, I ordered it to be given in large doses. Of
between

between four and five hundred patients, afflicted with remitting or intermitting fevers, under my care that year, I lost but two; neither of whom had taken the bark.

My method of treating those patients will appear in the two following cases :

1. A young gentleman was seized with a fit of an ague, and in half an hour afterwards became delirious, then comatose, and at length speechless. Finding him in this last state, I ordered a blister to be immediately applied to his back, and a cordial julep with salt of hartshorn to be poured into his mouth. In two hours afterwards, upon recovering his senses, I ordered him two ounces of tinctura sacra, and then, without waiting for the complete effect of that medicine, half a drachm of the bark to be taken every four hours, as soon as the fever and sweat had abated. He began the use of the bark three hours after he had taken the tinctura sacra; but before he had taken five drachms of it, he was seized with a second fit, and in like manner became delirious,

delirious, comatose, and speechless. Sinapisms were applied to his feet, and other irritating applications used, until the fever was terminated by a plentiful sweat. Thus having twice narrowly escaped dying in the fit, a drachm of the bark was ordered to be taken punctually every hour. He soon took two ounces of it; which produced so happy an effect, that the fever left him entirely, without any subsequent symptoms of dropfy, jaundice, violent head-ach or weakness, which either the continuance of the fever, or its repeated attacks, often brought upon others; so that he was quickly restored to perfect health.

2. A lady, in the first attack of an intermitting fever, was seized with a violent pain in the stomach. Every subsequent fit increased that pain, insomuch that at length it became intolerable, was attended with a violent delirium, and brought on a great difficulty of breathing, a hiccup, a ghastly countenance, and the symptoms of approaching death.

As

As she found no benefit from emollient fomentations, from the external application of *tinctura thebaica*, and even of a blister, I ordered two ounces of the bark to be taken during the remission; which effectually prevented the return of the fever. This medicine did not in the least increase the pain in the stomach, but greatly contributed to its relief by removing the fever, every fit of which had so exasperated its violence.

In those patients who laboured under a cough, attended with a pain in the side, affecting the breathing, when the pain was not relieved by warm fomentations, by the *balsamum anodynum Batæi*, or by a blister, I generally ordered a few ounces of blood to be taken away, and endeavoured to stop the fever as soon as possible, by the administration of the bark, having found that every return of the fever increased all such pains. In short, I have given the bark in every circumstance attending intermitting fevers, during their remission, but never in the fit.

For

For three years past, I have annually prescribed upwards of one hundred and forty pounds weight of bark, and I never observed any bad symptoms which could with propriety be ascribed to its use, except in two instances.

One in the case of a young woman, whose menses were supposed to have been obstructed by it for three months: the other in that of a person subject to an habitual asthma, who, after taking a drachm of this medicine, was seized with a suffocating fit of the asthma, which continued until he vomited up the bark, when he received immediate ease.

I have observed in intermitting fevers, that patients are equally subject to relapses, whether cured by the bark, or by any other medicine; though I seldom prescribed other medicines, until the bark had been first taken: and it was further observed, that in the winter of the year 1765, the quartan agues afflicted those only whose constitutions had been weakened by the long duration of their former fevers.

In all those intermitting fevers a vomit was administered, whenever the patient complained of a sickness at the stomach, reachings to vomit, or a spontaneous vomiting; and the bark was never given till this sickness was removed, and a purgative taken, to clear more perfectly the whole alimentary canal.

When the head-ach was very violent, and harassed the patient in the intervals of the fit, the success of the bark was rendered still more complete, by the application of a blister to the back.

A continuance of the bark, a change of air, and the cold bath, were often found requisite to prevent a relapse.

A giddiness of the head, which is the symptom most commonly remaining after even a slight intermitting fever, was generally relieved by the * sal cornu cervi, and the bark in wine.

* R Aq. font. ℥vi. spir. vin. rectificat. 3℔. sal. corn. cerv. 3℔. sacchari, q. s. m. fiat julepum, capiat cochlear. duo subinde.

If, from the continuance of the fever, the patient was distressed with flatulence, a distension of the abdomen, and a swelling of the legs, a spoonful of tinctura sacra, with the addition of thirty drops of the spir. lavend. comp. was ordered to be taken every night.

There is no doubt but that an intermitting fever may be removed without the assistance of the bark; and there is perhaps no other disease whatsoever, for which so many remedies are daily recommended.

Those used by the vulgar are many; the principal of which are here enumerated.

In the cold fit, or just before its approach, are taken, from a glass to half a pint of brandy, by itself; or a glass of brandy, with a grated nutmeg, with half an ounce of brimstone, or with the same quantity of powdered oyster-shells.—A quarter of a pint of gin, with a tea-spoonful of pepper.—A

glass of usquebaugh, with a spoonful of lemon-juice.—A pint of wine taken by itself; or a glass of it with the white of an egg, with a spoonful of the juice of house-leek, or with the same quantity of the juice of plantain.—A spoonful of the spirit of turpentine.—Four spoonfuls of the juice of rue.—Half a pint of the juice of nettles.—Half a pint of the juice of groundsel.—Half a pint of a strong decoction of cinquefoil.—Half a pint of a strong decoction of spearmint in milk.—A pint of a strong infusion of horse-raddish in stale beer.—A pint of strong beer, in which some broken pieces of glass bottles or of flint-stones heated in the fire, have been quenched, and boiled.—A whole lemon.—A vomit of sea-water.—The snuff of a candle with nutmeg.—A drachm of bark and theriac with the juice of a large lemon.

In the intervals of the fit are taken,—
Bay leaves dried and powdered, to the quantity of a drachm, three times a day.—
The inner bark of the ash, from half a drachm to a drachm, with a scruple of salt
of

of wormwood, taken four times a day.—Half a drachm of the mistletoe of the oak, three times a day.—The inner bark of the elm near the root, to the quantity of a drachm, three times a day.—Half a drachm of the root of black thorn, taken three times a day.—A drachm of Calamus Aromaticus taken nine mornings successively.—Half an ounce of brimstone in a glass of strong beer, taken three mornings successively.—Half an ounce of mustard-seed in half a pint of gin, three mornings successively.—A common spider gently bruised, and wrapped up in a raisin, taken either in the cold fit, or three successive mornings.—Five grains of cobwebs mixed with crumbs of bread, twice a day.—Half a pint of their own urine, taken three mornings successively.

The external applications used by the vulgar for this disease, are—A hard-boiled egg split, and applied hot to the wrists.—Camphire and saffron, hung in a bag at the pit of the stomach.—Rubbing the back-bone with garlic.—Bruised spiders and tobacco applied to the wrists.—Petroleum, applied

either to the feet or wrists.—Yarrow to the feet.—Rue, with the buds of honeysuckle, bramble and elder, to the wrists or feet,—where they also apply mouse-ear with vinegar and salt, wallpepper, shepherd's purse, sun dew, vervain, and others, which are generally applied about an hour before the fit.

In taking a view of these common and vulgar remedies for agues, we are led to observe, that by the spirits or wine drank at the approach of the fit, the patients generally become intoxicated, as they for the most part increase the quantity of wine or spirits, until that effect is produced, which occasions an intolerable head-ache, and sometimes puts a stop to the future returns of the ague. This cure is attended with great pain and danger. It is doubtful how far the other ingredients, mixed with the spirits or wine, may contribute to remove the disease, except such as brimstone, which is often taken in such quantities as to occasion a violent vomiting; an emetic taken an hour before the fit frequently proving serviceable. From the violent operation of the
ignited

ignited glass or flint quenched in beer, and frequently of the crude brimstone, some arsenical particles may justly be suspected to enter these compositions; and in this case, here will be no difficulty to account for their efficacy in curing inveterate agues.

Many of those remedies are taken before the fit, with an intention to procure a sweat; but for this purpose nothing is more safe and effectual than a tea-spoonful of the spirits of hartshorn taken every half hour in wine, or in warm wine whey, until the patient falls into a sweat: he ought to be kept warm in bed; and if the sweat does not appear soon, bottles of warm water, or bricks heated in boiling water, should be applied to his feet.

As to external applications, there is no doubt of their efficacy in this disease. Compositions of frankincense, cinnabar, camphire, wood-foot, turpentine, and such like, applied to the wrists, or sometimes to the pit of the stomach, have been recommended by several very eminent authors;

but more particularly Fuller's frankincense plaisters*.

I knew a gentleman labouring under a very obstinate intermitting fever, who by applying to the wrists whites of eggs beat up with salt, at the approach of the fit, often prevented it; especially when a vesication ensued.—Bruised garlic will often produce the same effect, but is apt to occasion fainting fits in delicate constitutions, as being too acrid and irritating. The anointing the spine of the back with the oleum succini, will, in my opinion, prevent the fit of an ague as often as most external applications.

For children, the bark is sometimes applied to the stomach and wrists, in the form of a poultice, with theriac and camphire; or the powder of it, sewed between the folds of a linnen jacket, and worn close to the skin. Infants are sometimes even dipped in a decoction of the bark.

* Vide Pharmacop. extemporanea Fullerii.

As to the quack medicines for this disease, the basis of their composition is generally the bark, infused in wine or spirits, with an addition of snake-root and salt of wormwood. But persons cannot be too cautious in using quack medicines for agues, as the poison of arsenic, in a small quantity, is known to be very powerful in removing them—A remedy worse than the disease, and often productive of a train of the most alarming symptoms!

But leaving those vulgar and quack medicines, we pass on to mention a few remedies which have been prescribed for this disease by eminent physicians. Dr. Morton's powder for agues * has been much celebrated.

Dr. Boerhaave has recommended 20 grains of sal ammoniacum to be taken two hours before the fit. This salt is perhaps best given in powder, wrapped up in wafer

* Recipe. Pulver. flor. chamœmeli scrup. i. antimonii diaphoretici, salis absinthii, singulorum semis-
scrupulum. Misceantur; fiat pulvis, quarta quaque
hora, durante apyrexia, sumendus.

paper,

paper, that it may reach the stomach almost undissolved; and may be taken from a scruple to a drachm. Some add theriaca to the salt; which last medicine has been often taken by itself, upon the authority of Galen; and of late, both the sal ammoniacum and theriaca are often joined with the bark.

Hoffman recommends mercurius dulcis and even a salivation, for the cure of obstinate quartans. Dr. Huxham makes mention of mercurius alkalizatus, for the cure of intermitting fevers. Dr. Mead recommends, in case of a failure of the bark, a powder composed of chamomile flowers, myrrh, and salt of wormwood, with the addition of a little alum. A decoction of the flores chamæmeli has been much used, by way of a vomit, in this disease; and two ounces of this decoction, or of the infusum amarum, with half a scruple of sal absinthii, taken every four hours, have been frequently prescribed.

Before the discovery of the bark, the cure of agues was generally attempted by bit-
ters,

ters, such as chamæmelum, centaurium minus, gentiana, cortex aurantiorum, zedoaria. These bitters, together with fixed alkali salts, are still in great esteem with some physicians, who entertain prejudices against the bark; which, it is to be hoped, will soon be removed.

Opinionum commenta delet dies.

Many patients have indeed an inveterate aversion to the bark, which is apt, by a long continued use, to produce a nausea, and seems in some to lose much of its efficacy. There are also instances of obstinate intermitting fevers, which the bark has failed to remove.

In such cases I have prescribed various other medicines; and none with greater success than alum joined with nutmeg: but I find that there is no certain remedy, which proves always successful in the cure of such agues.

A blister to the back, and a decoction of bitters, with sal absinthii and sal ammoniacum,

cum *, have sometimes succeeded in inveterate agues. From ten to twenty grains of extractum gentianæ, taken twice a day, with two ounces of tinctura sacra, three hours before the fit, have also removed very obstinate intermitting fevers. And sometimes five grains of the extractum cicutæ taken morning and evening; or, what has proved more effectual, small beer in which ignited glass has been quenched, used for common drink during the course of the bark, in such a quantity as neither to prove violently emetic or purgative. It is sometimes apt to purge the patient, but when its operation this way is too violent, the purging is soon checked by an opiate. After the failure of the most powerful remedies, I have met with frequent instances of agues being removed by very simple methods, particularly by giving tea-spoonfuls of spirit of hartshorn in warm balm tea at the approach of, and during the cold fit. The most obstinate intermittent I ever had occasion to see, was removed by a

* Vid. Formulam medicamentorum, sub articulo Febris intermittens.

change from the land to the sea air, as the patient never had one fit after having been sent on board a ship.

Among many other remedies, I have given the cortex cascarillæ, to the quantity of half a drachm every four hours, but found its effects inconsiderable. I have also tried a grain of the vitriolum cæruleum, taken twice a day; a medicine said to be used in the London hospitals: but as it occasioned a constant sickness and vomiting, even when joined with an opiate, few patients could be prevailed upon to persist in the use of it.

Having read an account in the Philosophical Transactions *, of the Faba Sancti Ignati being administered to the quantity of a scruple, and observing it recommended in the Madrid Pharmacopœia, as a remedy for intermitting fevers, under the title of Faba Febrifuga, I gave this medicine to several patients. Two grains of it, infused in two ounces of boiling water, made a

* Vid. The Philosophical Transactions, N^o 249, 250, and 257.

nauseous

nauseous bitter; which, repeated twice a day, cured four patients of quartan agues, but failed in double that number. Various other medicines have been prescribed with success †.

But

† Rec. Aluminis rupei, gr. xv. nucis moschatæ extracti cort. Peruvian. singulorum gr. x. syrupi e cort. aurant. q. s. misce. fiat bolus bis die sumendus.

Rec. Florum martialium, salis ammoniaci, singulorum, gr. viij. myrrhæ gr. iv. rubiginis ferri gr. iij. extracti rad. gentianæ gr. vi. syrupi e cort. aurant. q. s. misceantur: fiat bolus bis die sumendus.

Rec. Pulveris cort. aurantium semidrachm. ter de die.

Rec. Pulv. florum chamæmeli semidrachmam, bis in die.

Rec. Sal absinthii drach. i. elixir aloes scrup. ii. vini albi unc. iij: misceantur, fiat haustus.

Rec. Florum chamæmeli unc. ii. feminum fantonicæ drach. vi. syrupi simpl. q. s. misce, fiat electarium, capiat molem nucis moschatæ quoque bihorio.

Rec. Sal. absinthii semidrach. spirit. vitrioli tenuis gutt. xxx. aquæ alexiter. simpl. unc. iv. misce, fiat haustus, ingruente paroxysmo sumendus.

Rec.

But after all, it is certain that the bark, when good in its kind, and judiciously ad-

Rec. *Florum chamœmeli, rad. serpentariæ virgin. singulorum femunciam, limaturæ ferri drach. ij. syrupi e cort. aurant. q. s. fiat electarium, cujus capiat æger molem nucis moschatæ quater de die.*

Rec. *Sal ammoniac. crud. drach. ij. sal polychrest. spirit. volatil. aromat. singulorum drach. i. aquæ menthæ vulgar. simpl. unc. viij. sacchari albi unc. i. misce, capiat cochleare unum singulis horis tempore paroxysmi.*

Rec. *Sal ammoniac. crud. theriacæ venetæ singulorum scrup. ij. misce, capiat hora una ante adventum paroxysmi.*

Rec. *Sal absinthii drach. ij. vini albi lib. i. misceantur, capiat partitis vicibus tempore apyrexiae.*

In the East Indies, the Tellicherry bark, or what is there called the Cort de Pala, has been found very beneficial in removing obstinate intermitting fevers; and the bark of Mahogoni, which resembles much the Peruvian bark, and is often fraudulently mixed with it, is said lately to have been found serviceable in Jamaica, for the cure of intermitting fevers.

For other remedies, see the article *Febris intermit-tens*, in the Formula towards the end of the Essay on preserving seamen.

ministered,

ministered, has often completed a cure, when every other remedy had proved unsuccessful.

A failure of the bark in removing intermitting fevers, frequently proceeds from one or more of these three causes: From not persevering for a sufficient length of time in its use; from administering it in too small doses; or from its being given in an improper form.

As to the first, it is a prevailing opinion, that an ounce, or an ounce and an half of the bark, should entirely prevent the return of another paroxysm. But this is a mistake; as another and severe fit will often attack a patient who has taken that quantity. In this case, instead of doubting the efficacy of the medicine, the patient ought to persevere, with an increase of the dose, until five or six ounces at least have been taken.

The bark is often given in too small doses. In quotidians and double tertians, where the intervals between the fits are short, from one drachm to two drachms of
it

it should be taken every two or three hours.

The form in which this medicine ought to be administered is of some consequence. Mucilages and syrups have been recommended to conceal the taste of it; but, from various experiments, I find nothing more effectual than small beer or milk, especially the latter. A drachm of bark mixed with two ounces of milk, and quickly drank, may be easily taken by a person of the most delicate taste, and by washing the mouth afterwards with milk, there will not remain the least flavour of the bark. If the mixture be not drank immediately, the bark will quickly impart to the milk a bitter taste. The bark is commonly given in electuaries or boluses: but in these forms it proves much less efficacious than when given in juleps or draughts, with the plentiful addition of wine or spirits. I have observed that six drachms of powdered bark, given in a julep, consisting of one-fourth or one-third of brandy, is as effectual as an ounce of the powder, in the form

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of

of an electuary, and proves less ungrateful to the stomach.

Many have imagined that the virtues of the bark are assisted by the radix serpentariæ and sal absinthii; some by the elixir vitrioli, or tinctura rosarum; and others by camphire, cinnabar, aromatic stomachics, and steel. But being thoroughly convinced that the virtues of the bark are greatly improved by wine or spirits, I now seldom prescribe with it any of the above-mentioned ingredients, which might render it more nauseous and disagreeable.

For patients unaccustomed to wine or spirits, each draught should be warmed with the spir. sal ammoniaci, or with the * tinctura myrrhæ; both which improve the efficacy of the bark.

When a patient under a course of this medicine is seized with a nausea or vomit-

* A drachm of the bark in powder may be given in two ounces of an aqueous vehicle. That quantity would require half a scruple by weight of spir. sal ammoniac, or a drachm of the tinct. myrrhæ.

ing,

ing, I prescribe an emetic, which likewise contributes to the cure. But finding the bark entirely nauseated, from a weakness of the stomach, or from an aversion of the patient to that medicine, it will then be proper to leave off the use of the draughts, and to give the bark in clysters; in which form I have found it as effectual as when given by the mouth. In this case, after the operation of a cathartic clyster, a solution of the extractum cort. Peruv. will be found most proper, with the addition of a sufficient quantity of the tinctura thebaica, in order to its being longer retained*; a small quantity of opium being commonly found effectual to prevent the bark, in any form, from purging.

An obstinate intermitting fever, which two ounces of the bark in draughts, taken in the interval of a fit, had failed to re-

* Rec. Extracti cort. Peruvian. semunciam, solvatur, coquendo in aquæ fontan. unc. iiij. et adde olei olivarum semunciam, tinctur. thebaicæ, gutt. v. ad x. misce, fiat enema, quarta quaque hora injiciendum,

move, was effectually cured by two ounces of the extract given in clysters.

The extract has been administered in clysters to the quantity of six ounces, to patients who could not have received half an ounce of the bark in any other form; and many have been cured by clysters, after large quantities of the bark had been unsuccessfully taken by the mouth; it being in this manner that the largest quantity of bark can be administered.

There are however many cases of intermitting fevers, in which this remedy cannot with safety be given in any form. The attack of the fever is often so violent, that it introduces an universal disorder in the constitution. The patient seems seldom or never free from the fever, and is constantly harassed with an intolerable head-ach, pain of the back, and uneasy sensations of heat, pain and oppression over the whole body. In short, there is often no complete intermission of the fever, in which the bark can be given; although, in some cases, the preservation of the patient's life, and more frequently

frequently that of his constitution, seems greatly to depend on the administration of this medicine.

It has long been a prevailing opinion, that the cold fit is attended with the greatest danger; and that most who die of intermitting fevers, expire during the rigour.

I never saw a person die in the cold fit, but have known several carried off in the hot one, by strong convulsions, a delirium, and other symptoms. I am clearly of opinion, that it is the hot fit, or fever, which not only often endangers the patient's life, but also in the most common cases of intermitting fevers, by its continuance, weakens and impairs his whole habit of body.

For this fever I have been so fortunate as to discover a remedy, which generally in a few hours brings on a perfect and complete apyrexia. The discovery was owing to the following incident—

In the month of December 1766, a lady, after some days indisposition, was seized

with a violent fit of an ague, which left her very weak, and universally disordered. In thirty-six hours afterwards the fit returned; which had continued twelve hours, when I was called to visit her. At this time her strength and spirits were so exhausted, that she began to despair of her recovery. She complained of an universal pain over the whole body, but principally in the head and back: the head-ach was indeed so intolerable, as to threaten a delirium: a constant reaching and vomiting at the same time reduced her to a state of insensibility, accompanied with a strong tendency to convulsions.

Finding her in this condition, I immediately prescribed an opiate, which in less than five minutes restored her to a state of perfect ease and tranquillity. In less than half an hour she sat up in her bed, and could take nourishment. All that night she slept little, though she had no other complaint but weakness and fatigue. Next day, by taking the bark, which effectually prevented the return of the fever, she quickly recovered her former strength.

About

About a month afterwards she suffered a relapse: the intermissions of the fever were short and indistinct. When I was called, she had laboured under it forty-eight hours, and most of the former violent symptoms had already appeared: but as she was very hot and feverish, and had no vomiting, I was unwilling at first to give an opiate, until, unable to resist her earnest solicitations, I at length consented to it. This medicine again brought on a perfect intermission, and gave her an immediate relief from all these distressing symptoms. Next day she had recourse to the bark, and has continued ever since in perfect health; using the precaution of taking the bark once or twice a day during moist weather, or when the wind is easterly, and particularly at the full moon.

Such benefit being unexpectedly received from an opiate, I determined to make a further trial of its effects. Having at that time twenty-five patients, labouring under intermitting fevers, I prescribed an opiate for each of them, to be taken immediately after the hot fit, provided the patient had

then any inquietude, head-ach, or any such symptom usually subsequent to the fever. The consequence was, that nineteen in twenty-two received immediate relief; the other three had no occasion to take it.

Encouraged by this surprising success, I next day ordered the opiate to be given during the hot fit. In eleven patients, out of twelve, to whom it was thus administered, it removed the head-ach, abated the fever, and produced a profuse sweat; which was soon followed by a perfect intermission.

Since that time I have prescribed an opiate * to upwards of three hundred patients, labouring under this disease; and I observed, that if taken during the intermission, it had not the least effect, either in preventing or mitigating the succeeding fit; when given in the cold fit, it once or twice

* The following was the draught prescribed :

Recipe. Aquæ font. fescunciam, aquæ alexiter.
spirit. syrup. e meconio, sing. drachm. ij. tinct. thebaic.
gutt. xv. ad xx. M.

seemed

seemed to remove it; but when given half an hour after the commencement of the hot fit, it generally gave immediate relief.

The effects of opium given in the hot fit of an intermitting fever, are,—1st, It shortens and abates the fit; and this with more certainty than an ounce of bark is found to remove the disease. 2dly, It generally gives a sensible relief to the head, takes off the burning heat of the fever, and occasions a profuse sweat. This sweat is attended with an agreeable softness of the skin, instead of the disagreeable burning sensation which affects patients sweating in the hot fit, and is always much more copious than in those who are not under the influence of opium. 3dly, It often produces a soft and refreshing sleep to a patient, tortured in the agonies of the fever, from which he awakes bathed in universal sweat, and in a great measure free from all complaints.

I have always observed, that the effects of opium are more uniform and constant in
intermit-

intermitting fevers than in any other disease, and are then more quick and sensible than those of any other medicine. An opiate thus given, soon after the commencement of the hot fit, by abating the violence, and lessening the duration of the fever, preserves the constitution so entirely uninjured, that since I used opium in agues, neither a dropfy nor jaundice has attacked any of my patients in these diseases.

In cases where opium did not immediately abate the symptoms of the fever, it never augmented their violence: on the contrary, most patients reaped some benefit from an opiate given in the hot fit; and many of them bore a larger dose of opium at that time than at any other: and I can venture to affirm, that even a delirium in the hot fit is not increased by opium; though opium will not remove it. Hence, is it not probable, that many of the symptoms attending those fevers are spasmodic*, but more especially the head-ach?

Opium

* If the patient be delirious in the fit, the administration of the opiate ought to be delayed, until he recovers

Opium seems also, in this disease, to be the best preparative for the bark, as it not only produces a complete intermission; in which case alone that remedy can with safety be administered; but occasions so salutary and profuse an evacuation by sweat, as generally to render a much less quantity of the bark requisite.

I commonly prescribe the opiate in about two ounces of tinct. sacra, when a patient is costive, who is to take the bark immediately after the fit: thus at the same time shortening the fit, and cleansing the intestines, previous to the administration of the bark; the operation of the tinctura sacra not being prevented, though somewhat retarded by the opiate: and the administration of an opiate, after a vomit given just before the fit, should be postponed until the hot fit is begun.

It is frequently almost impossible to make children swallow any medicine which has a

covers his senses; when an opiate will be found greatly to relieve the weakness and faintness which commonly succeed the delirium.

disagree-

disagreeable taste or smell. In this case, for children labouring under intermitting fevers, I order the spine of the back to be anointed, at the approach of the fit, with a liquor, composed of equal parts of tinctura thebaica and liniment. saponac. which has often prevented it. If this should not produce the desired effect, two or three teaspoonfuls of the syrup. e meconio, given in the hot fit, will generally be found to mitigate the symptoms. But for the entire removal of the disease, after purging with magnesia alba, I prescribe a drachm of the extract. cort. Peruv. with a few drops of the tinct. thebaica, in a clyster, to be repeated every three hours, for a child of about a year old. The magnesia often occasions a vomiting, when the stomach is oppressed with phlegm; which evacuation should be promoted with warm water. The constant heaviness of the head, occasioned by these fevers, in such tender constitutions, proceeds most probably from a pain fixed there, and is best relieved by the application of a blister to the back.

These

These observations are the result of an extensive practice ; as during the late epidemical rage of intermitting fevers for three years past, I seldom visited less than thirty or forty patients every day, labouring under every species of this disease. I have here confined myself chiefly to practical observations, as all the different species of intermitting fevers have already been amply described, both by the ancient and modern physicians ; those diseases having been as obstinate in Greece and Rome, in the days of Hippocrates and Galen, as they are at this present time *.

But although nothing more can be added to the accurate description of such fevers, as

* Les fievres intermittentes, qu'on appelle vulgairement fievres d'accès, exercent leur empire dans presque tous les Golfes du Levant ; tellement que j'ai vu dans ceux du Volo, de Zeitoun, de Lepante, de Corinthe, d'Alexandrete, et plusieurs autres, des vaisseaux presque desarmés par les ravages qu'elles avoient faites sur les equipages.

Essai sur les maladies des gens de mer, par G. M. Maitre des Arts et en Chirurgie, publié à Marseille, an. 1766.

given by those authors, yet the industry of later ages, by the discovery of new medicines, and by the more extensive application of those before known, has rendered these diseases no longer the opprobrium of physic.

Upon the whole, the physician who perfectly understands the judicious use of blisters, bark and opium, will seldom find himself disappointed in re-establishing the constitutions of patients who have been afflicted with these diseases, and in restoring them to a state of perfect health.

Proposals for preventing a want of
fresh water and a scarcity of provisions at sea.

IT may not be foreign to the subject of this treatise, to offer a few directions, to defend those who go abroad, against the calamities of hunger and thirst.

In the year 1761, I was so fortunate as to discover, that sea water, simply distilled, without the addition of any ingredient, afforded a water as pure and wholesome as that obtained from the best springs.

This, like many other useful Discoveries, is claimed from the author by another person, is said to have been formerly known, and meets with various objections. First, A claim to this discovery has been publicly

lickly made by Doctor Poissonniere; as appears in a paragraph of news from Paris, dated July the 9th, 1764.

But it was in the year 1761, that I publickly demonstrated, by several trials, and various experiments, at the royal academy at Portsmouth, that a simple distillation rendered sea water perfectly fresh, pure and wholesome. These experiments were made in the presence of Mr. Hughes, resident commissioner of the navy at that port, and of Mr. Robertson late master of that academy.

In the month of May 1762, an account of this discovery was read to a numerous audience of the royal society in London; when it may be supposed to have been communicated by some of the members of that learned body to their correspondents in France. And in the month of March 1763, the book * containing this discovery

* The second Edition of my Essay 'on preserving seamen, where, in the note, page 85, will be found an account of the discovery, and the benefits arising from it. This note is the place always referred to in the following pages.

was published at London, by the authority of the lords commissioners of the admiralty of Great Britain; which honour their lordships were pleased to confer, on account of this important discovery.

So I still claim the merit of this discovery, until Doctor Poissonniere shall prove his having communicated his knowledge of it to any person before the dates here mentioned.

Secondly, It is said, this simple method of rendering sea water fresh was before mentioned by lord Verulam. The passage * referred to is as follows: " It hath been
 " observed by the ancients, that salt water
 " boiled, or boiled and cooled again, is
 " more potable than of itself raw: and yet
 " the taste of salt in distillations by fire
 " riseth not; for the distilled water will be
 " fresh. The cause may be, that the salt
 " part of the water doth partly rise into a
 " scum on the top, and partly goeth into a
 " sediment in the bottom, and so is rather a

* Bacon's Natural History, Cent. 9th, Exp. 881.

“ separation than evaporation, but it is too
“ gross to rise into a vapour, and so is a
“ bitter taste likewise; for simple distilled
“ waters of wormwood, and the like, are
“ not bitter.”

This great philosopher knew, that neither a bitter taste nor that of sea salt rose in distillation with water, it being a common custom to preserve herbs for distillation with sea salt, which notwithstanding being put in the still with the salt, yet yield a water perfectly fresh. But it was not the salt itself, nor the bitter taste, which was supposed to rise in the distillation of sea water, but a bituminous substance, and a spirit of sea salt; which has hitherto been the unanimous and uncontroverted opinion of the chymists.

By this passage it was not understood that the waters of the sea could be rendered fresh by distillation, as appears from the approbation given to the following attempts.

Not

Not many years after his lordship's death, several experiments were made on board some ships at Spithead, by Sir Theophilus Oglethorpe and some other gentlemen, who had obtained a patent for distilling from the sea a water fresh and potable, by means of several additional ingredients.

In the year 1739, the learned Doctor Hales proposed a method of distilling fresh and wholesome water from putrified sea water.

In the year 1753, Mr. Appleby was thought to have brought this matter to the greatest perfection, by discovering an effectual method of fixing this supposed bitumen and spirit of salt, which was published in the London Gazette of January 22d, 1754, as follows:

“ Mr. Joshua Appleby of Durham chemist, having discovered an easy and expeditious method of rendering sea water fresh and wholesome at sea; and the same, on a reference from the admiralty, having been thoroughly examined and

A a 2 “ approved

“ approved by the college of physicians,
“ and the commissioners of the victualling,
“ the lords commissioners for executing the
“ office of lord high admiral of Great Bri-
“ tain and Ireland, have published the pro-
“ cesses used by the said Joshua Appleby in
“ the London Gazette, that so useful a dis-
“ covery may be universally known. It is
“ as follows :

“ Put 20 gallons of sea water into a still,
“ together with six ounces of lapis infer-
“ nalis, and six ounces of bones calcined to
“ whiteness, and finely powdered. From
“ this quantity 15 gallons of fresh and
“ wholesome water may be extracted, in
“ two hours and an half, at the expence of
“ little more than a peck of coals.—This
“ proportion of ingredients will answer
“ very well in these northern seas; but in
“ some parts of the Mediterranean or In-
“ dian seas, where the water is more salt
“ and bituminous, the quantity must be in-
“ creased to nine ounces of each.—The
“ ship’s boiler should not be used for this
“ process, what remains being very nox-
“ ious.”

The attention of all Europe being at that time drawn towards this discovery, which was then esteemed the most fortunate of the age, various substitutes were proposed, instead of the noxious ingredients used in Mr. Appleby's process. For this purpose, Doctor Butler recommends capital soap leys, Doctor Alston limestone, and Doctor Hales powdered chalk.

The manner in which I fortunately discovered that all those ingredients were unnecessary, and that a simple distillation rendered sea water perfectly fresh and wholesome, may be seen in my letter to the Royal Society, inserted in page 85 of the second edition of the Essay on preserving seamen.

The principal objections that have been urged against the utility of this discovery, I shall here endeavour to obviate.

Objection 1. A still is requisite for the distillation; which would be inconvenient in a ship.

A a 3

Answer.

Answer. The principal advantage of this discovery consists in their being no longer a necessity for carrying a still to sea, as the ship's coppers or pots for boiling the victuals, fitted with proper heads, will fully answer that purpose; and these coppers are generally fixed in as commodious a manner as any stills can be. That the distillation of sea water from these vessels will not injure them, appears from their being daily cleansed by the boiling of sea water in them; whereas when chalk, lime, and that poisonous ingredient lapis infernalis were used, a still seems to have been necessary; as it would require great trouble to clean the coppers afterwards, and to render them again fit for boiling the victuals. No better proof can be obtained of the coppers being constantly kept clean, and free from verdigrease, than the distilled water being always perfectly sweet and good.

Objection 2. A sufficient quantity of fuel for this operation cannot conveniently be carried to sea.

Answer.

Answer. I have already shewn, in the Essay on preserving seamen, that fresh water may be procured at sea, without any additional expence, nay even with a considerable saving of fuel.

That of supplying all persons at sea with a quantity of water sufficient for every common use, was not at that time the object of my attention; which was then confined to two things:

First, To make a considerable saving of the water, by boiling the ship's provisions in close distilling vessels, and daily procuring a small quantity of sweet water, by the application of the common fire to iron pots, fixed instead of bricks at the sides of the ship's grates.

And secondly, Effectually to prevent, in future, persons dying at sea of thirst, by recommending still-heads for the coppers; as it will afterwards appear, that the vessel used for boiling the victuals of the whole ship's company will serve to distil a quan-

tity of water sufficient fully to answer this purpose.

Such persons as imagine that a distress for want of water, will also be attended with a want of fuel, must be ignorant of the contents of a ship, which are almost wholly combustible.

The stowage of the hold is with fire-wood. The carpenter's stores, the junk, or pieces of old cable, &c. would, at the end of the longest voyage, serve as sufficient fuel for distilling the quantity of water proper to preserve the lives of the whole ship's company for at least two months.

Objection 3. Danger attends the distillation of water on board a ship.

Answer. No more danger attends the distillation of sea water, than the boiling of it in a common pot or copper. The only inconvenience proceeds from its being apt to run over, from too intense a heat, or from the motion of the ship; to which last
accident

accident it is much less liable in distillation, than when boiling in an uncovered copper.

These objections being removed, I shall endeavour to point out a few simple contrivances for distilling of sea water, for the benefit of those who may be in want of fresh water at sea, and who shall imprudently neglect to carry out a still-head.

When sea water is boiled in a close covered pot or vessel, it may be observed, that the steam arising from it is converted into fresh water on the inside of the cover of the pot. From a pot of thirteen inches diameter, by frequently removing the cover, and pouring off the water collected upon it, a quarter of a pint of fresh water may be procured in an hour. The cover of the pot should be at least five or six inches above the surface of the sea water, to prevent its boiling up to it.

Let us suppose a ship at sea to be in distress for want of water, having eight
men

men on board, and that the pot for boiling their provisions can contain five gallons and an half, being twelve inches in diameter; by the following simple contrivance, with only a tea-kettle, a musket, and a cask, one gallon of fresh water may be procured every three hours, which is a pint for each man.

File off the handle of the tea-kettle, and fix the head of it, when inverted, into a hole made for that purpose, in the cover of the pot. Take the barrel of the musket out of the stock, and after unskrewing the breeching pin, put it through two holes bored for its reception in the cask, with a proper descent. Insert the spout of the tea-kettle into the upper end of the barrel, and after stopping up the holes in the cask, and filling it with sea water, there will be a complete still, and a refrigeratory or cooler to condense the steam. All the joinings and places from whence the steam could escape, ought to be luted or stopped up with a paste composed of equal parts of chalk and meal, moistened with a little salt water; and the tea-kettle with the cover
of

of the pot should be kept down by weights, to prevent the steam from forcing them up.

If the cask should be thought too near the fire, the tube may be prolonged by the barrel of another musket, or by a wooden pipe. If the barrel of another musket be used, whose bore is not large enough to receive the extremity of the former, one end of it should be heated in the fire, and dilated with a marline-spike. If a wooden pipe be used, it should not be bored with a hot iron, as I have found by experience that the burnt wood would impart a permanent disagreeable taste to the distilled water.

If we may suppose a ship at sea to have no tea-kettle on board, then let the wooden hand-pump, with which the water or beer is pumped out of the casks, be cut through obliquely, and joined, so as to form an acute angle. One end of this tube should be fixed in the hole made in the cover of the pot, the other should be fastened to the

gun-barrel. From this apparatus, nearly the same quantity of water may be procured as from the former by means of the tea-kettle.

It may justly be supposed that the coppers used for boiling the provisions will, in every ship, contain the proportion of above two quarts of water for every person on board, which will be sufficient to yield in distillation the proportion of three pints of fresh and wholesome water.

From the improvements made in distillation by the ingenious Doctor Hales, published in the year 1757, it appears, that three pints of water could be procured in five minutes, that is, fifty gallons in twelve hours, from a small cylindrical still of Mr. Durand's, by the addition of six pewter plates set edgeways in its head. This still was only 15 inches in diameter at the widest part, and held six or seven gallons. A still 22 inches wide, containing 30 gallons, would yield in distillation 100 gallons in the space of 12 hours; and a still 32 inches

inches in diameter, would give 200 gallons in the same time, attended only with the small expence of a bushel and an half of coals, or of a proportionable quantity of any other fuel. Hence three chaldron of coals are more than sufficient to supply 400 men, which is the complement of a sixty gun ship, for two months, with half a gallon of water per day for each person.

From what has been said it is evident, that no person at or near the sea can suffer death from an absolute want of water, if they will only take the precautions which prudence and self-preservation would seem to dictate.

That this subject deserves the most serious attention, will sufficiently appear from the following extract of a letter sent me from the Havannah, dated 1st September 1762: "Before the surrender of this place, "our distress for want of water became "inexpressible: I would have given with "pleasure half a guinea for a pint of such
" distil-

“ distilled sea water as I have frequently
“ drank at your table. Numbers of our
“ men died, from a real want of water,
“ and many more from drinking water
“ which was unwholesome and poison-
“ ous.”—Would not a few stills, sent
from Jamaica, have saved the lives of
these men?

Since the first edition of this Essay, in
the Dolphin ship of war, in her second
voyage round the world, on a passage from
Batavia to the Cape of Good Hope, 56
gallons of sea water being put into a still,
42 gallons of fresh water were drawn off
in the space of five hours thirteen minutes,
with the expence of nine pounds of wood,
and of sixty-nine pounds weight of coals;
which was upwards of a quart of water for
each man then on board.

In the year 1769, the experiment above-
mentioned, of distilling with an inverted
tea-kettle and gun-barrel, was also tried on
board the Dorsetshire, in her passage from
Gibraltar to Mahon, having then Lord

George

George Lenox's regiment on board. In less than two hours the carpenter's pitch pot was cleaned out, fitted with a cover, and the whole apparatus got ready. The only difficulty which occurred, was to insert the spout of the tea-kettle into the gun-barrel; but this was presently surmounted by joining them with some of the carpenter's sheet lead. Twenty-two quarts of sea water were then put into the pot, from which 19 quarts of fresh water were drawn off in four hours, with the expence of ten pounds of wood.

Distilled sea water is purer than spring, river, and even rain water. The calcareous or empyreumatic taste, which it receives from the distilling vessels, is, in some measure, lessened by throwing away the first running from the still, and wholly removed by keeping it for some time, when it will be found an excellent well-flavoured water, perfectly sweet and incorruptible, so as to keep for many years, if put in clean vessels.

In

In the steam of boiling sea water all sorts of provisions, such as fresh or salted beef and pork, fowls, rice, &c. may be stewed or dressed, equally well as in fresh water. For this purpose, they may be put into a net or a cullender, and, being placed in the mouth of the pot containing the boiling sea water, be cooked in like manner as the Turks dress their favourite dish, a Pillau; or the meat may be suspended on hooks in the boiling pots, so as not to touch the sea water, the steam being at the same time confined by a tight cover.

But when a quantity of provisions are to be dressed in this way, the best method will be to convey the whole steam of the boiling water into another vessel, by means of a pipe. In this last vessel, the salted meat to be suspended on hooks, in such manner, that the brine may fall into the bottom of the vessel, and the steam be equally received by the whole.

Having thus used our endeavours to provide all persons at, or near the sea with good
water,

water, our attention shall next be directed towards securing them against the dreadful calamity of famine: for which purpose I offer the following observations.

The powder of salep, and portable soup dissolved in boiling water, form a rich thick jelly, capable of supporting life for a considerable length of time; as appears from the daily instances of persons having been supported for many months by a much less nourishing diet, boiled rice, and even by gum Arabic * alone.

An ounce of each of these articles dissolved in two quarts of boiling water, will

* Hasselquist, in his voyages to the Levant, informs us, that a caravan from Ethiopia to Egypt having expended all their provisions, lived for two months on gum arabic dissolved in water; this gum having luckily been part of their merchandise. The gum senega or arabic not only serves as a sustenance for whole negroe towns, during a scarcity of other provisions, occasioned sometimes by a failure of their crops of millet and rice; but the Arabs, who twice a year collect this gum in the inland forests on the north-side of the River Niger, have no other provisions to live upon for some months.

convert it into a thick jelly, which will be sustenance sufficient for one man a day, and as being a mixture of both animal and vegetable food, must prove more wholesome and nourishing than double the quantity, or a gallon of rice-cake made by boiling rice in water.

This last, however, sailors are often obliged solely to subsist upon for several months, especially in voyages to Guinea, when the bread and flour are exhausted, and the beef and pork, having been salted in hot countries, become spoilt, and unfit for use.

But as a nourishment, the inferiority of rice to salep is not only from its conveying less nourishment in double the bulk, but also from the great consumption of fuel, and more especially of water, in the long boiling necessary to render it fit for use; whereas salep will form a paste with cold water, and is not too salt when mixed even with sea water. Salep, when mixed with cold water, requires only ten times its
weight

weight of water to form it into a paste or cake, and if mixed with more, a separation of the redundant water will ensue. This paste, with the addition of a little vinegar, will serve to allay both hunger and thirst, and will keep good for several days. When the salep is mixed with cold sea water, it should not be allowed above six times its weight of water; and this quantity is just sufficient to render it palatable, it being of itself a very insipid powder. The addition of spices to the portable soup and salep, will not only render them more grateful to the palate, but also greatly improve their nutrimental qualities; as would appear from the following late incident of famine at sea.

In the year 1762, while the English troops were at Manila, a Malaye ship arrived there from Macassar, which, by the shifting of the Monson, had been detained at sea much longer than was expected; the men had been reduced to such extremities for want of provisions, as to be obliged to subsist almost wholly for two months upon

water and spices; the latter, viz. cinnamon, mace, and pepper, being the cargo of the ship; notwithstanding which, upon their arrival at Manila, they all, to the number of 30, appeared to be in perfect health.

From what has been said, we may justly deduce the following proposals:

As the calamity of famine at sea may sometimes proceed from the avarice of the masters of merchant ships, who, from a lucrative view, have taken on board too small a quantity of provisions; if the masters were obliged, by the articles of agreement with their men, to pay a stipulated allowance of money for any deficiency that might happen in their provisions during the voyage, as is done in the royal navy, would it not tend greatly to prevent the frequency of this distress?

As two pounds of salep, with an equal quantity of portable soup, will afford a wholesome diet to one person for a month,
would

would it not be expedient for every ship to carry to sea a quantity of these articles, in proportion to the number of the men, lest from unavoidable accidents the other provisions might be exhausted during the voyage?

As salep and portable soup contain the greatest quantity of vegetable and animal nourishment that can be reduced into so small a bulk, would not these articles be extremely beneficial, when through fire, shipwreck, or other accidents, the crew are obliged to have recourse to their boats *?

As

* Supposing a boat furnished with eleven gallons of water, two pounds of salep, and two pounds of portable beef-soup for each man, it is probable none in it will die of hunger or thirst for at least a month; during which time, the daily allowance of each person will be more than a quart of water, eleven ounces of a strong salep-paste, and an ounce of portable soup. The soup should be allowed to melt in the mouth; and in that small quantity, if properly made, are contained the nourishing juices of above three-quarters of a pound

B b 3

of

As these two articles, when kept dry, will remain good for several years, would they not also prove serviceable in besieged towns, and in the long marches of armies; as every soldier could then carry a fortnight's subsistence for himself, without any inconvenience, to be used in case a supply of other provisions should be stopped.

I do not here offer to the public an alimentary paste or powder, to supersede the

of beef. In cases of great extremity, the salep may be mixed with the sea-water, and will still be equally wholesome. All this will be attended with only a trifling expence, as the salep is commonly sold at four shillings and sixpence per pound, and the portable soup at half a crown.

One necessary precaution, which ought never to be omitted in a ship at sea, is always to have a cask of water either in the boat, or in some convenient place upon the deck, from whence it may be easily conveyed into the boat, as in cases of fire, and of many other disasters at sea, it is often impossible to go down into the hold for water. The same precaution is equally necessary with respect to the salep and portable soup.

necessity

necessity of supplying our fleets and armies with other food; nor will the discovery of freshening sea water render the common precautions of guarding against the want of that necessary support of life less needful and expedient: the intention of all these proposals being solely to prevent mankind, in many particular situations of distress, from suffering a cruel and untimely death, under the excruciating tortures of hunger and thirst.

E R R A T A.

Page 64. Line 14. of the note, *for seven ounces, read*
 ten ounces.

— 208. — 23. *For word, read world.*

— 322. — — In the note, *for spirit. vin. rect. 3ls.*
read 3ls.

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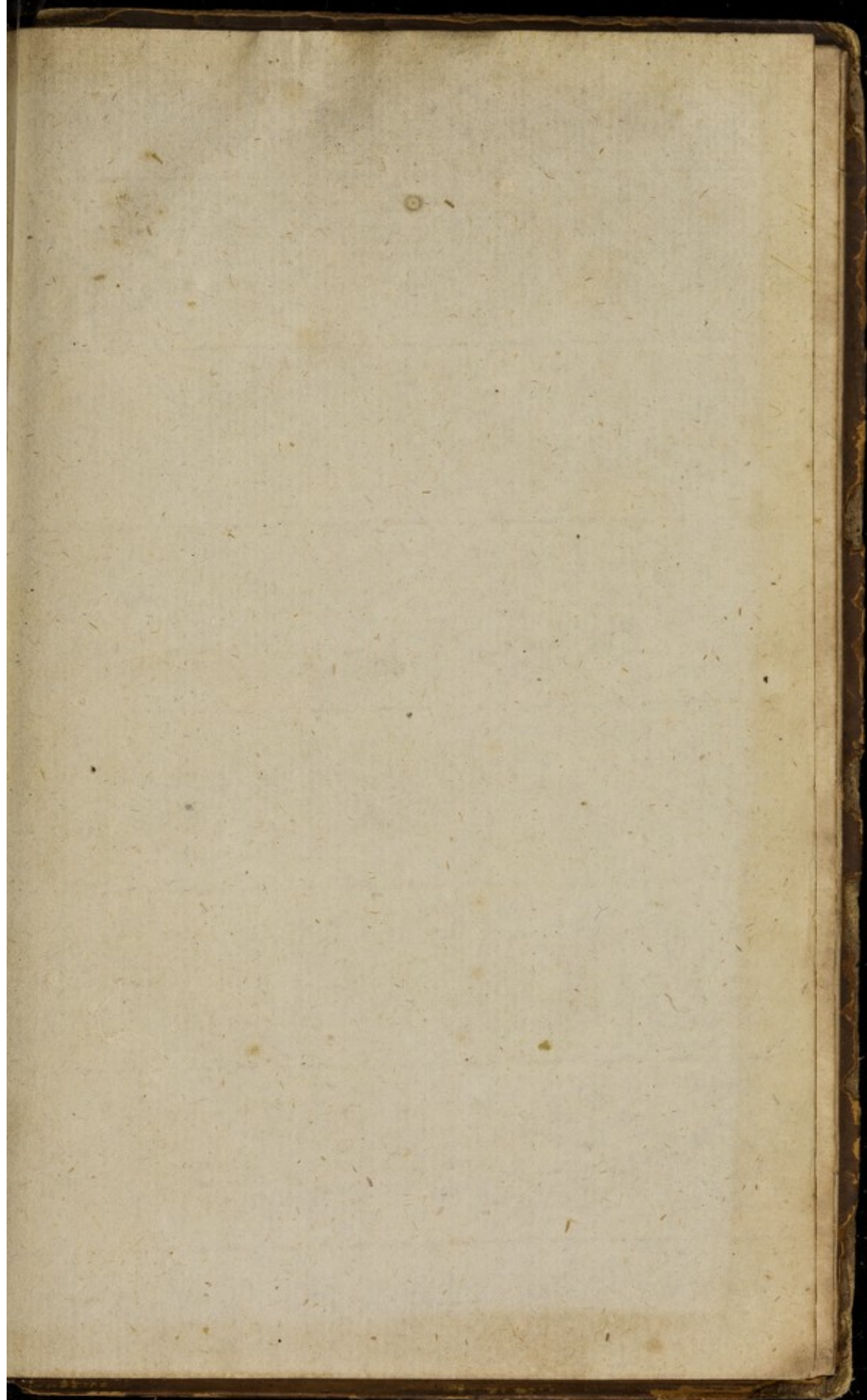
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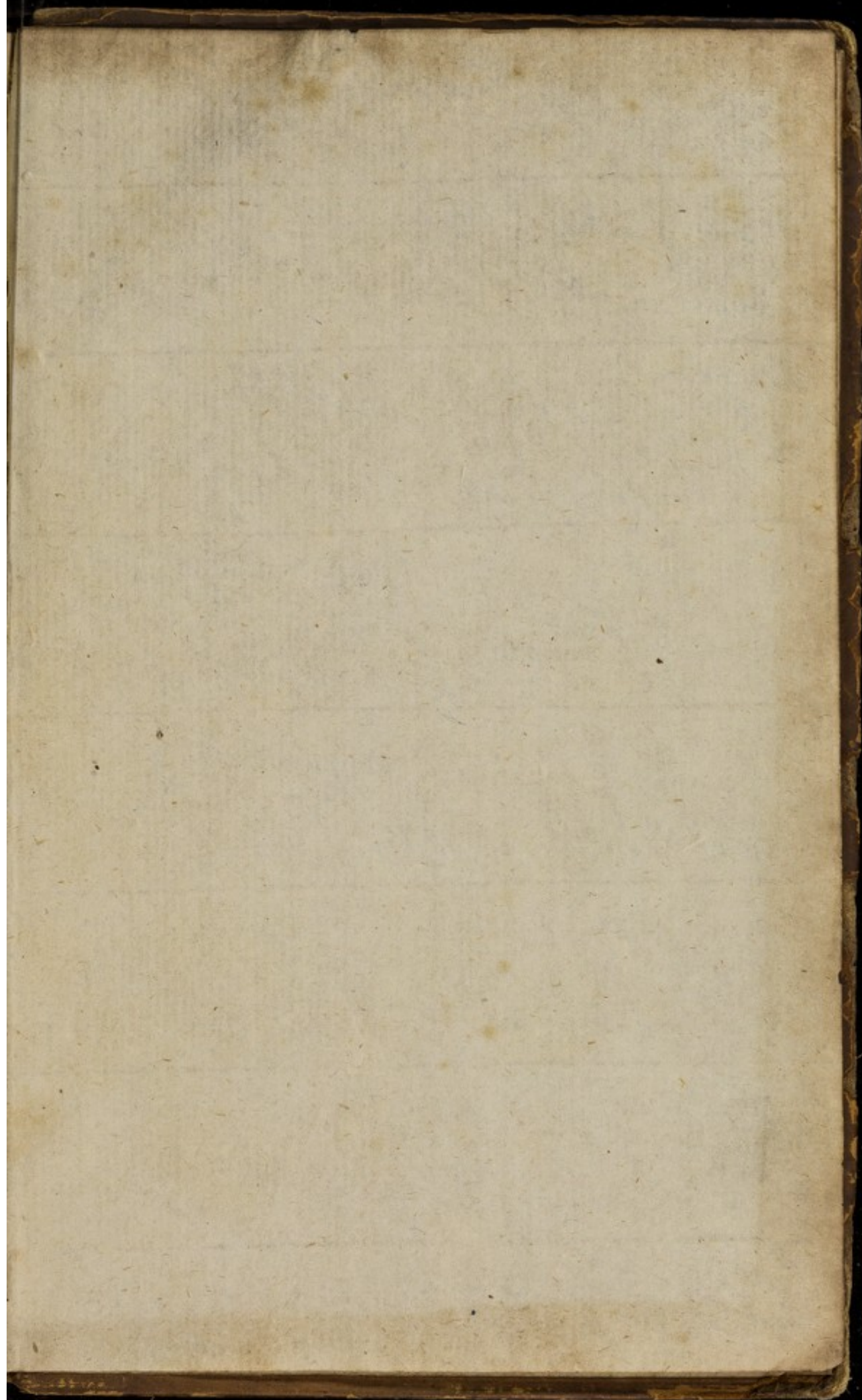
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