

## **A treatise of the gout / By a licentiate practitioner in physick.**

### **Contributors**

Licentiate practitioner in physick.

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*Treatise on the Gout. —*

*1731.*

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# TREATISE

OF THE

# G O U T.

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BY

A LICENTIATE PRACTITIONER  
in PHYSICK.

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L O N D O N :

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A

## TREATISE

OF THE

## G O U T.

**T**HE Author of the following Sheets having, in an early State of Life, been led into the Study and Practice of Physick, being, as he then thought himself, sufficiently acquainted with the Anatomy of Human Bodies, and the Theory of most Distempers: But this did not satisfy, till he was likewise acquainted with Medicines, which the Vegetable, Mineral, and Ani-

Animal World afforded, their Virtues, and Manner of Acting in Human Bodies; their various Effects were in a Course of Practice obvious, but the Causes which produced those Effects, he thought himself obliged to search out. Having examined Authors both Ancient and Modern, at last he came to this Conclusion: That the Depravity of the Blood must be the immediate Cause of Distempers; and upon this Basis he laid the Foundation of Practice, in which he was more or less Successful, as the Great Director of Human Affairs thought fit.

As he concluded with himself, That the Depravity of the Blood was the procuring Cause of all Distempers, much more so of the *Gout*; so that he has contrived a Sett of Medicines adapted to grapple with and  
disperse

disperse those corrosive Salts collected in the Blood, and sent to the Joints. The first Observation occurring, confirm'd him in his Notions, that Flannels and Patience are not the only Remedies to be made use of. The latter he has known miserably worn out, which appeared by the many horrid Execrations, and dreadful Oaths, enough to strike a trembling on the By-standers; by which it appeared their Lives were a burden to themselves, and nearest Relations.

MANY Difficulties must attend an Undertaking of this Nature; but a Mind endowed with any Degree of Generosity, and Love to his Fellow-Creature, must over-look all the little Cavils, Ridicule, and Aspersions the Author must bring upon himself. He knows he shall be look'd on in the World, as one who publishes

lishes a Method to find out the *Philosopher's Stone*. However, he has this to comfort him, that his Name is concealed ; and that the Observations are true in Fact, and some to be found ready to assert the Truth of their being relieved of this cruel Distemper, by his Method ; which is more peculiarly adapted to it, than has been practised by others before him.

### *Of the* G O U T.

**M**Y Purpose is not to examine the Opinions of those who have wrote of this Distemper ; all agree it to be a corrosive Humour, separated from the Blood, and thrown upon the Joints, from whence it derives its Name, the *Arthritis* ; from the Attacks it makes on the *Feet*,  
the

the *Podagra*. But in my way of Thinking, it must be a *Lixivium* got into the Mass, collected, and become highly corrosive, and thereby Heterogeneous, is sent off to the Joint of the great Toe, found to be the proper Receptacle, where it is lodged. Those corrosive Salts dispersing themselves upon the *Periostium*, the Tendons and Ligaments, cause those tormenting Pains the afflicted Patient endures in every Paroxysm, till a Quantity of fresh Juices is sent to the Parts, which dilute and dissolve the Salts, causing the Parts to tumify; then the Pain gradually abates. The Humour thus attenuated, great part of it perspires, the rest by degrees is absorbed by the Capillary Veins, and returns again into the Blood; where if it meet with any more of those Salts, the

Humour makes another Attack either on the same Part of the other Foot, or the Ankle, or Knee of the same. This proves a long, tedious Fit: then what does not perspire, returns and gathers more Strength, increasing in Quantity, becoming more and more corrosive in Quality, till the Texture of the Blood is broken, little or no Nourishment afforded to the Parts, the Muscles of the Legs dwindling away, and the two *Focils* only cover'd with Skin. To add to the Misery of the Afflicted, a petrifying Disposition prevails upon the Juices; Stones are bred in the *Pelvis* of the Kidneys, as I observed in a Body I once open'd: In his left Kidney I found a large Stone of the bigness of an Egg, the Substance of the Kidney in a manner gone, cover'd only with a Membrane;

brane; the *Ureter* as large as a Sheep's Gut. This Gentleman for many Years had been afflicted with the Gout, Dropfy, and Stone; no doubt but the first was the procuring Cause of the other two.

BUT why the Joints are more exposed to the Attacks of this Disorder than other Parts of the Body, will appear if we observe, that each Part attracts to itself certain Juices proper for its particular Nourishment or Use, each Gland a Juice proper for Secretion. So the solid Parts, called by Anatomists, *Spermatick*, do likewise receive from the Blood certain Juices adapted either for Nourishment, or to assist Motion. Now those Salts at first being few in comparison of what they become afterwards, do mix

with the nutritive Juice of the Solids, and by them are carried to the Joints, till the whole Mass is thoroughly impregnated with those vicious Salts; then the remote Parts lie equally exposed, the Center as yet being pretty well defended by the animal and vital Spirits.

I am not at any loss to account why miserable Sufferers are so easy under their Torment, when it is duly consider'd how dangerous it is, to repel that collected Humour so highly impregnated with those corrosive Salts, immediately into the Blood, where it is very probable a larger Quantity of the same Humour may circulate with the Juices; both meeting together, not being Homogene, nor fit to assimilate, must

must be lodged somewhere: The Stomach is attacked, and the Patient is taken with the *Cholera Morbus*, accompanied with grievous tormenting Gripes; if it fall on the thin Guts, the *Iliac* Passion; if the thick, the *Dysentery*, or *Diarrhœa*. If the *Meninges* be visited, a *Coma* or an Apoplexy may be apprehended. All these Symptoms may be easily prevented, if a prudent Regimen be observed. I cannot but take notice of a mistaken Notion that prevails much; That because the Gout attracts to itself the *Semina* of some other Distempers, therefore it must be wholesome, and the regular Approaches by no means to be disturbed. I have known it affirmed, the acuter the Pains, the better for the Patient: not considering, the more corrosive the Humour is, the

more

more the Texture of the Blood must be broken, consequently the noble Parts more exposed to the Virulency of the Distemper.

THE Cause of this Distemper is either hereditary, or acquired. If it descend from gouty Parents, it is difficult to prevent its Attacks upon any Irregularity in Drink; the Blood being tinged with it *ab initio*, it easier arrives to a Height in such than in others.

I know a Family, whose Father had been very much afflicted with the Gout; he left four Sons, the Eldest and two Youngest were much afflicted with the Distemper, but the Second never had any Symptom of it. The Reason must be, this Gentleman lived sparingly, drank moderately,

rately, took care to avoid all Excess ; the other three drank hard, and were likewise not over-regular in their Eating. This I mention, to shew, that Persons tho' naturally disposed to the Gout, yet may be kept from it by Care. Undoubtedly when Men drink austere Wines, and indulge their Palates with large Meals of various Dishes, with strong Gravies, and four Sauces ; this must furnish their Blood with Matter enough to bring on this Distemper.

BUT that the Nature of this Distemper may be set in a clearer Light, and farther Reasons offer'd why its Cure may with Safety and Success be undertaken ; all Surgeons very well know, that a small Quantity of any Caustick, whether *Lapis infernalis*, or the Lunar Caustick, if ten  
Grains

Grains of either be apply'd to a Part, in a few Minutes they form an Escar: Why is it? but that the corrosive Salts abstracted from their Humidity, and contracted into a solid Body, their Power thus united, exert their burning Quality on the Part. Dissolve that Quantity in half an Ounce of Water, and wash a Sore, the smarting Pain will be very great and intolerable; much more so, if it touch a nervous Part, or any Tendon: but upon a sound Part, where the *Cuticula* is not fretted off, will scarce have any Effect. Take that Quantity of the same Caustick, dissolve it in a very large Quantity of Water, there hardly any Taste or Sharpness can be perceived, but must entirely be lost.

FROM

FROM whence we may infer, that the Gouty Salts being collected into a Body, the Juices wherein they are contain'd, are thereby render'd incapable of assimilating with the Blood, or for the Nourishment of any Part, but being highly offensive to the animal as well as the vital Spirits, are thereby thrown off to the Joints. All agree that every Paroxysm of the Gout is a critical Discharge, the Blood freeing itself from so great an Enemy.

IT remains that we account for the Chalk form'd on the Joints, which must be produced from one of these two Causes: As I observed before, the Juices adapted for the Nourishment of the solid Parts are

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those

those that the Gouty Salts do mix with ; being unfit for that Service, their Texture vitiated and changed, and become a gross milky Juice, extravasated and fixed upon a Joint, the Serum which the Capillary Veins can absorb returns into the Mass ; what cannot, is exhaled ; then a dry white Substance, resembling Chalk, is form'd : Or the *Periostium*, by many Attacks from the Gout, being fretted off, the very Substance of the Bone is made the Object for those Salts to exert their power ; where acting with vigour and violence, corroding the Parts, that Liquor, as I said before, being extravasated, fixes itself upon the Tendons, nay even the Extremities of the Bones. Not many Years ago, I saw the Muscles both of the Thighs  
and

and Legs stuff'd full of chalky Stones, harder than common Chalk : I took some of them out ; I observ'd the Ulcer whence they were taken healed immediately, which was occasion'd by the Alkali the Chalk afforded to the Part ; that milky Juices must circulate with the Blood is evident, else they could never be fixed upon the Muscles. From the whole we must infer, that if those Salts are disunited and dispersed in the minutest Particles thro' the Mass, there can no Paroxysm happen till they are reunited, and their Quantity increased by Irregularity in Living, as before observed : but if due care be taken Spring and Fall, to send into the Blood Specificks well appointed to promote the Disunion of those Salts, and disperse them through the whole

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Fluids,

Fluids, or rather the excrementitious Juices, and a regular Circulation promoted by fuitable Exercife; there is no Reason why the Gout may not be prevented in its Attacks for Years, tho' the Seeds of it may remain in a fmall Quantity. Now it is to be hoped this fmall *Treatife* may help take off the Prejudice Mankind is carried away with, that the Gout is not to be cured but at the expence of the Patient's Life, no doubt but many have died by *mala Praxis* in this as well as other Diftempers; yet no Reason can be offer'd why a regular rational Method fhould not be taken in this as well as in other Cafes.

ABOVE twenty Years ago, being then a Practitioner in Surgery, I was  
called

called to a Boy of eight or nine Years old: I found an Inflammation from the Knee to the Instep, fully suppurated; which I immediately laid open, and discharged above a Pint and half of well-digested Matter. I found by my Probe the *Tibia* lay bare, divested of the *Periostium*, and being exposed to the Air, began to turn black. In some time I procured an Exfoliation, and took out a Splinter reaching from the Knee to the Ankle. After the Separation was made, the Ulcer began to incarn and heal, but the upper part of the *Tibia* under the *Patella* being carious, lying under the Joint, a Lee was discharged of a brownish Colour, and cast forth some small pieces of Bones. After it heal'd, I observed the Boy had Swellings under his Jaws, the Glands gathering, and in the *Inguina*. All the Symptoms of the

King's Evil appearing, I concluded it to be only accidental, and to proceed from the Lee of the carious Bones mixing with the Blood, and lodged in the Glands, which I removed with altering Diet-Drinks, and absorbing Powders, and frequent Purgings. Some Years after, I saw him a lusty, strong, young Fellow, and a Sailor. This Observation, tho' somewhat foreign from the Subject in hand, yet serves to demonstrate, that a Lee extravasated may be absorbed by the *Capillary* Vessels, and circulate with the Blood: If in one Case, why not in another of the like Nature ?

AFTER this short Account of the Gout, we shall proceed to the Cure. And to relieve the Patient in the Paroxysm, and in as short time as possible,

fible,

fible, 'tis necessary his Lodging be in a clear Air, his Bed-Chamber large, in cold Weather with a good Fire, his Bed not too near it; the reason is, the rarified Effluvia discharged by the Breath, and by Transpiration, ought to have large room to disperse themselves; for if by inspiration those Vapours are re-united with the Blood, it must be of ill consequence to the Patient, and very much retard the Cure. As to the Patient's Diet in the Paroxysm, it must be moderate, tho' not too sparing, of such Food as digests easily, avoiding austere Sauces; rather of one Dish than many. Due regard must be paid to his ordinary Course of Life, more especially as to his Drink; if he accustom'd himself to drink plentifully in his Health, he must be allow'd the same in his Illness, abating somewhat in the

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Quantity, for the Blood must by no means be impoverished. I have known half a Pint of Wine too much for some, when a Bottle has been too little for others. The Wines to be avoided are *Rhenish*, *Champaign*, *Burgundy*, *French White*, *Madera*; those Wines are not to be touch'd, neither in nor out of the Fit. The safest to be drank, are mellow and light *Red Port*, *White Mountain*, *Sherry*, or *Canary*.

Now as to the Medicines used in this Distemper, they are such as are capable to search out the Enemy, disunite its Parts, reduce the Salts into minute Particles, attenuating the Liquor that contains them; thereby dispersing the minute Particles thro' the Mass of Fluids: Then other Medicines must be plentifully taken, as  
 Pur-

Purgatives, Diaphoreticks, but chiefly Diureticks. An able Phyfician may eafily contrive a Sett of Medicines to anfwer all Intentions.

THE Author uſes an Amalgama, prepared from Metals and Minerals, ſo adapted, that the Doſe when ſent into the Stomach, fits eaſy, unleſs (which is but ſeldom) it meet with any corroſive Juices, then a flight Ferment, with an Uneaſineſs which ſoon goes off; but if very troubleſome, a gentle Puke of Camomile or Carduus Tea quickly removes it. Then the Specifick gets an eaſy Paſſage into the Blood, and is carried to the Joint, where if given for ſome time, and in ſufficient Doſes, it never fails of anſwering all the forementioned Intentions. But there are ſeveral Medicines uſed, one adapted to prepare

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for

for the Use of the other, till the Blood is totally freed from all Remains of the Distemper. During the Patient's taking Medicines, discuffing Cataplafms may fafely and with fuccefs be ufed.

I fhall give only four Inftances of Perfons that have been relieved by this Method. The firft was a Captain in a Foot Regiment, to whom I was called in 1695. He was above 60 Years of Age, had drank hard for many Years: I found him in dreadful Torment, with Pains in both Feet; I took from him immediately eight Ounces of Blood; for his Drink, order'd him Emulfions, with his Specificks in large Dofes, purged him three times a Week, allow'd him Wine fufficient to fupport his Spirits. By degrees his Stomach

return'd ; then I order'd him gentle *Diaphoreticks* mix'd with his *Specificks*. The days he neither purged nor sweat, he took his *Specificks*, mix'd with *Diureticks*: in the mean time, I allow'd him plentiful Nourishment. In three Weeks, his Blood being thoroughly rectified, I order'd his Servants to get his Horses ready: about ten a-Clock he rode out; I expected him back at his Lodging at four or five. I sent about that time: at nine I sent again, but he was not at home; next Morning about Eight, to my surprize, I met him in the Street, dancing and upbraiding me for confining him with my Drugs, for *Moore's* Wine had wrought a perfect Cure. He continued free from any Symptoms of the Distemper while I knew him; for I heard he had fold out,

and went to *Jamaica*, and lived several Years after.

SOME time after I was called to a poor Salt Officer, who labour'd under the Anguish of the Gout above six Months in the Year; he had it in all Parts, the Joints of his Fingers full of Chalk; he begg'd of me to end his days, for his Life was a burden both to himself and his Family: for what by paying others for doing his Duty, and the Expence of attending him in his Gout, had reduced his Affairs to nothing. I immediately took ten Ounces of Blood: He took his Specificks in large Doses, with Emulsions; every second day he was briskly purged, his purging Physick was well impregnated with absorbing Alkali's, the *Haustus* he took going to rest was of the same nature,

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greatly

greatly *Narcotic* and *Alexipharmic*. Every fourth day he sweat moderately; in a fortnight his Evacuations were more seldom; in the intermitting Days his Blood was well supply'd with Specificks mix'd with *Diureticks*. His Business requiring his Attendance, I order'd him a medicated Ale, then left him. I did not see him for eighteen Months; during this time, he had not the least Appearance of any Visit from the Gout.

THE next I was call'd to, was a Merchant of about 28 Years of Age, had drank plentifully, hunted much. I found him rack'd with a Pain in the Joint of his great Toe, so acute that he could not bear the Sheet to touch it. Immediately I took twelve Ounces of Blood, which gave him some ease; I plied him with his  
Spe-

Specificks in large Doses; next Morn-  
 ing he could walk about his Room :  
 then every other day I purged him  
 smartly; the intermitting Days he  
 took his Specificks, sometimes in  
 Powders, other times in Bolus's. I  
 order'd him a Decoction wherein was  
 boiled Vegetables and Minerals, which  
 furnish'd the Blood with a large Quan-  
 tity of Specifick Juices, which, with  
 the *Diaphoreticks*, brought him to the  
 full use of his Feet: but he being  
 obliged to undertake a Journey of  
 forty Miles to see a rich Aunt lying  
 on her Death-bed, with the view of  
 getting 8 or 900 *l.* we were obliged  
 to break off the Course before we had  
 half finished. About 12 Months af-  
 ter I was called to him again. That  
 Paroxysm was very sharp. I used the  
 same Method, but his Medicines were  
 given in larger Doses. In four Days  
 his

his Pains went off, he could with little trouble walk about his Chamber; in 21 Days his Limbs recover'd their full Strength. He went to *Carolina*, I did not see him for seven Years, and that was by accident in a Coffee-House by *Temple-Bar*, in perfect Health. He did assure me he had never any Symptom of the Gout, nor did he take any Medicine since he left me.

SOME time after I was called to a Master of a Ship, who made a dreadful Complaint of a Rheumatic Pain that had seized his Ankle, and the Instep of his Foot. The Part was much inflam'd, and the Veins turgid. Had I mention'd the Gout, I might not meddle; but I indulged the Notion of a Rheumatism, and thereby had full liberty to act. Immediately I  
made

made a Revulsion by Bleeding, and follow'd the same Method as I had with others, by which the Pains went off from his Foot; but being outward-bound, his Ship cleared out, he was obliged to go to Sea before his Cure was effected. When he made his Voyage, I press'd on him the necessity of going thro' a Course to free his Blood of that Humour; but he declin'd it, and since I hear he has been much afflicted with the Gout.

I could give more Instances of People who have been reliev'd in the Gout; but these may be sufficient to shew the World, that Flannels and Patience are not the only Remedies found to be Useful in this Distemper.

F I N I S.



