

Twenty minutes' advice on the gout and rheumatism: their nature, cure and treatment. A non-medical treatise / [By the author of "Twenty minutes' advice on diet"].

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TWENTY MINUTES' ADVICE
ON THE
GOUT AND RHEUMATISM:
THEIR
NATURE, CURE, AND TREATMENT.

A NON-MEDICAL TREATISE,
BY A SEVERE SUFFERER.



LONDON:
W. KIDD, 14, CHANDOS STREET, WEST-STRAND;
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TWENTY MINUTES' ADVICE

ON

GOUT AND RHEUMATISM.



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ON THE

GOUT AND RHEUMATISM :

THEIR NATURE, CURE, AND TREATMENT.

A NON-MEDICAL TREATISE,

BY ONE WHO HAS BEEN MANY YEARS A SEVERE SUFFERER
FROM THEIR ATTACKS, BUT WHO IS NOW RECOVERED.

*“Si quid novisti rectius istis, candidus imperti,—si non,—
his utere mecum.”*

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PREFACE.

THE Author of the following pages does not consider any apology necessary for adding one more to the number of treatises already published on the subject of Gout. He will feel amply repaid should he be instrumental of any good to those who are sufferers from this dreadful disorder. It has been his endeavour to be as concise as possible, and to avoid all technicalities, which might perplex, without being of any positive service to the reader.

Having been for many years not only an attentive observer of, but a severe sufferer from, the

ravages made by the Gout, to the destruction of the constitution, and also of the dreadful sufferings caused by Rheumatism, he now ventures to commit his observations to paper, and to circulate them for the benefit of mankind. The remedies suggested for the removal of Rheumatism are especially recommended to the consideration of the Public,—they having been found efficacious in a great number of cases which have fallen under the immediate notice of the Author.

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TWENTY MINUTES' ADVICE
ON THE
CURE OF GOUT, &c.



PRELIMINARY OBSERVATIONS ON GOUT.

So many and so various are the opinions entertained on the subject of gout, that to enumerate one-half would, of itself, be to fill a volume. The writers on the subject are numerous, but their books do not come within the means of humble individuals. All, however, are agreed that it is a dreadful malady, and that every precaution should be taken to guard against its insidious attacks. That it is *hereditary* has long since been proved to a demonstration; almost every descendant of a gouty parent being liable, at some period of his life,

to its attack. There are, however, solitary instances to the contrary ; for *Loubet* tells us of a man afflicted with the gout who had twin sons, and who grew up, like himself, stout and well made. They both greatly resembled their father in corporeal characters, but not in turn of mind, and they led a very different kind of life—one lived at home with the father, fell in with his tastes and habits, and early exhibited unequivocal symptoms of gout ; the other son's destiny obliged him to lead a life of temperance and activity, and he was never affected with gout.

It will doubtless visit the patient in a *less* degree, if his mode of life and his habits are temperate ; but still he cannot altogether escape. According to Dr. James Johnson, hereditary gout seldom shows itself before the twenty-fifth year ; however, venereal excesses will cause its development at a much earlier period. Its progress is marked as follows :—In *youth*, the paroxysms are imperfect, or, as it were, *abortive* ; during *manhood*, if the disease be not conquered, it will occur, at gradually shortened intervals, in the form of *regular* gout.

Then comes chronic gout ; afterwards, fixed, or *anomalous* gout ; and, last of all, dangerous internal gout with the frost of old age.

The persons who are sufferers from the gout are, for the most part, adults, and persons advanced in age. In the latter, particularly, it puts forth all its powers, and shows itself in its most powerful and painful shape. In females, *regular* gout is but of rare occurrence. Generally speaking, it assumes the *spasmodic* form in women, and in men, the *inflammatory*.

It does not always confine itself to the feet, but it assails all the organs and the structures which compose them, fixing itself in the head and stomach, and occasioning all sorts of disorders, which it would be an endless task to enumerate. We have said that gout is hereditary ; but are there none other subject to its attacks but the descendants of gouty parents ? Indeed there are ; and, if we strictly investigate the cause, we shall find that, in ninety-nine cases out of a hundred, it arises from an imprudent indulgence in excess and dissipation. There are thousands and tens of thou-

sands of our fellow-creatures whose only pleasure consists in luxury, indolence, and good living; and these, by an injudicious use of wine and ardent spirits, give themselves up to the most dangerous and immoderate passions. It is a singular circumstance, that the poor are seldom, if ever, troubled with the gout. This fact speaks volumes for the necessity of abstinence, if we wish to enjoy good health. It has been well observed, that the gout "torments the rich rather than the poor, and men of letters rather than the unlearned; that Bacchus was its father, Venus its mother, and Anger the midwife that ushered it into life."

The causes of gout may be said to be pre-disposition, a general derangement of the functions of the digestive organs, and general debility. For instance, it mostly assails people of melancholy temperaments, and also strong, plethoric, fat persons. All sedentary employments are hurtful, more especially when they are attended by late hours. Those whose digestion is bad, and who are accustomed to live on indigestible and highly-salted food, are persons marked out for attack;

yet let them not alter their diet too suddenly, for this would be equally dangerous. One great incitement to gout is a sudden chill in the feet after perspiration. Exposing the feet to the fire when wet is also an act of great imprudence.

We have shown what persons are most liable to gout ; we have also shown the best means of avoiding it ; and in recommending strict temperance and the greatest sobriety, we would again endeavour to impress on the minds of our readers that these are the *only* chances of escape ; for though the constitution may be strong, it must *eventually* give way. We will end our preliminary notice with the judicious observations of Dr. Scudamore :—

“ I know no rule,” says he, “ more important to be mentioned, than that the patient who finds out, by sad experience, his weakest points of attack, and the peculiar influence of particular remote causes, should guard against them with a *nurse's* eye, and with corresponding care. Thus some, from exposure to wet and cold, incur either certain gout or rheumatism ; while others, al-

though gouty subjects, escape such trial with impunity. As, therefore, every gouty patient is rather more susceptible to some one remote cause than another, he cannot be too much a practical philosopher in his whole conduct, or too scrupulously vigilant against the enemy in his most vulnerable quarter."

CLASSIFICATION OF GOUT.

We come now to describe the various kinds of gout. These are, according to the most eminent writers on the subject, fixed gout in the joints, primitive fixed gout, critical gout, atonic gout, retrocedent gout, gout by translation, misplaced gout, spasmodic gout, regular and irregular gout, or *acute* and *chronic* gout. Of these, the two last are the principal. The paroxysms of regular, or

ACUTE GOUT,

according to Sydenham, the English Hippocrates, are these:—A sudden invasion during sleep, commencing with a sense of chilliness and shivering; then local pain

(generally in the great toe), with symptomatic fever, increasing and diminishing with the pain. Towards the end of twenty-four hours, a solution of the paroxysm, with the formation of a slight swelling, accompanied by heat, and redness of the part affected. Every evening during the period of the gouty attack (generally a fortnight), there is an exasperation resembling the first paroxysm. The pain has no determined character, but is, rather, remarkable for a cruel variety,—says Dr. Johnson—a sensation of tension, tearing, constriction, compression; sometimes like a wedge between the ends of the bones—sometimes like the gnawing of an animal—sometimes like a fire!

Regular, or acute gout, is generally attended by fever, either *inflammatory* or *moderate*. In the former case, recourse is generally had to bleeding, followed by mild purgatives; in the latter, to purgatives only, and a strict attention to regimen. All animal food must, in both cases, be carefully abstained from, and a vegetable diet substituted, and that on a very moderate scale. All heating liquors must be renounced, and barley-water

and similar liquids supplied in their stead. If the perspirations are very profuse, and accompanied by restlessness on the part of the patient, he must be covered as lightly as possible, and the moisture carefully removed from the skin by means of a warm towel. Irregular, or

CHRONIC GOUT,

differs from acute gout, inasmuch as its paroxysms are of a less definite character, but of much longer duration. It is more prone to attack the internal organs—more apt “to transport itself from point to point” there, and that from more trifling causes, than the acute gout. It will sometimes last for months, perhaps (a few months in the heat of summer excepted) it may last through the whole year! The sufferer has now need of patience, for the swellings, though less prominent in this than the acute species, remain for a long time stiff and painful. We shall not distress our reader by particularising these swellings by *name*, as he will doubtless be anxious to drop their acquaintance. The same atten-

tion to diet and regimen must be attended to as in the previous case, as any irregularity would be productive of the most painful consequences.

Having now glanced at the various heads of this dreadful malady, we will proceed to give some advice on general matters. And first, as to the choice of

CLIMATE AND PLACES OF RESIDENCE.

All persons who have been afflicted by a touch of the gout—no matter how slightly—should, if it be in their power, make a point of residing in a *warm* climate. Dr. Scudamore says, “I have known some who have quitted this country for India, with a gouty and rheumatic state of pain and infirmity afflicting them on their embarkation and afterwards; but no sooner have they arrived in a warm latitude than ease has returned, and, gradually, their natural recovery has taken place.”

Where, however, circumstances render this impracticable, the patient is recommended to choose as elevated a spot as he can for his residence, and one well sheltered from the northerly and easterly winds.

REGIMEN AND DIET.

It is indispensably necessary for the patient to be careful in the article of food. Nothing is more common than for the appetite, during certain stages of the complaint, to be exceedingly keen ; at such seasons it would be highly dangerous to eat animal food, or to drink any heating or spirituous liquors. The more simple the fare, the better. A *vegetable* diet and a *milk* diet are more conducive to recovery than any other. Barley-water, gruel, and, *in some cases*, even ginger-beer, may be taken without injury to the patient, but all these in moderation. All indigestible fruits should be avoided. The juice of an orange will always be grateful to a parched throat, and may be taken at any time. Coffee and chocolate may also be used in small quantities.

EXERCISE.

In the decline of gouty attacks, the parts which have been affected should be gently exercised. This will facilitate local circulation, and strengthen the vital

functions. It will also diminish extreme nervous mobility, and greatly mitigate the pain. All *violent* exertion, however, should be avoided, lest the patient should be over-fatigued, and thereby add to his general debility. Riding on horseback is generally beneficial in its results; indeed, Sydenham has said, that “the person who was acquainted with so certain a remedy for the cure of gout, as the constant custom of riding, and *would keep it secret*, must, in a very short time, amass great riches.” If, however, any persons should be too timid to try horse exercise, a walk, on a fine dry day, may, in their case, be equally beneficial.

BATHING.

It has been said by some (old women) that “water is poison to the gout.” All, however, who know any thing of the matter, cannot but be aware of the many virtues contained in a warm-bath. They must, indeed, be taken at proper seasons, and during the intervals of health. If the patient is feeble, he should very frequently put his feet into warm water, being careful

at the same time to guard against taking cold. When the parts affected are much swollen, and are suffering from acute pain, vapour-baths have been used with great advantage; but the old and feeble should be very cautious in their use, lest they might prove injurious. They must only be used according to circumstances.

The cold-bath may be used on some particular occasions, but our observations of its general effects will not allow of our recommending it to our readers.

SLEEP.

Sleep, which is so necessary and so sweet to the man of business, and to those who can take a regular quantum of daily exercise, is comparatively of little service to a person suffering from attacks of gout. His rest is, for the most part, broken and disturbed, and he is apt to start up on a sudden, without any apparent cause. This is the effect of weakness and the remains of fever. He should, therefore, discourage sleep in the day-time as much as possible, by which means he will

be more likely to have a quiet night's rest. This leads us to notice the article of

CLOTHING.

All persons suffering from attacks of gout are subject to profuse perspirations, at intervals, more especially at the natural time of retiring to rest. The only effectual mode of subduing these is, by covering the patient over very lightly, and carefully wiping the excess of moisture from his skin, by means of a warm towel or napkin. Again,—with some persons, the reverse is the case; instead of profuse perspiration, the body is sometimes scarcely at its natural heat. On such occasions, which, by the bye, are not of frequent occurrence, the patient must be kept warmly covered, and the usual means must be resorted to for increasing perspiration.

When the patient is so far recovered as to be able to leave the house for the purpose of exercise, he must guard, as far as is practicable, against the possibility of taking cold, which would immediately occasion a relapse. Flannel should be worn next the chest, and

round the arms, also, as far up as the neck. The legs should be covered with flannel or wash-leather, and the feet carefully protected by warm stockings and thick shoes. A dry day is indispensable for the first visit abroad ; cold and damp being often fatal to invalids in certain stages of gout, and these, if not fatal, often bring on a recurrence of the complaint.

FRICTION.

So much recourse has been had to friction for the last half century, in cases of gout, that experience speaks volumes in its praise. Cadogan, Boerhaave, Desault, and indeed many other writers, have recorded instances within their own observation, of gouty subjects having been entirely cured by this process. Desault, in particular, mentions a circumstance worthy notice. He says he knew an old man, at the age of 100, who, thirty years before his death, cured himself of gout, to which he had been for many years subject, by being rubbed night and morning with the hand covered with a woollen

mitten. Surely this is worthy a trial,—it is a cheap remedy !

RECREATIONS AND AMUSEMENTS.

It is the nature of gout to induce a kind of torpor and inactivity of body. To these succeed lowness of spirits and a general depression, which cannot be too much guarded against. Every thing should be avoided which may affect the mind with painful ideas or melancholy sensations. All intellectual avocations, which require intense thought, should be laid aside, being of incalculable injury to the sufferer. If he cannot live without mental exercise, let his studies be such as will amuse him without fatiguing his mind. Any volume of light and agreeable reading is better than to ponder over the evils that cannot be immediately remedied. Intense passions, anger, terror, or even joy, oftentimes render recovery hopeless, encrease anguish, and in some cases accelerate death.

MEDICINES.

We have been very careful, in the foregoing treatise, to abstain from the recommendation of any particular medicines, knowing that general rules are often useless, and in some cases hurtful. Many are in favour of *Eau Medicinale*, and have gone so far as to say that gout may be expelled by it in a few hours; but this is fallacious. It is certainly beneficial, but should be used with due caution. Others, again, recommend the general use of *Colchicum wine* (a refinement on the above-named medicinal water.) That it will *check* the gouty system is true, but that it will lessen the action of gout in the *system* is perfectly untrue. We would therefore recommend all persons that are visited by symptoms of gout or rheumatism to send, *at once*, for their medical attendant, whose practice and observation will doubtless be of more real service to the patient than any quack medicines or silly specifics, which, in nine cases out of ten, are only catch-pennies. If less recourse were had to these *nostrums*, and the *Charlatan* viewed in his

proper light, the regular practitioner would be more frequently consulted, and the beneficial results of practical knowledge would be more generally felt and acknowledged.



RHEUMATISM.

Of all the attacks to which the human body is liable there is *none*, perhaps, more common than that of Rheumatism. The causes of this disorder are, severe cold applied to the body, and the great inattention that is too often paid to the development of a strong and robust constitution. Rheumatism and Gout are, nearly, synonymous terms, with this distinction, *viz.* that *Gout* is the result of a great variety of causes,—and Rheumatism, generally, of severe cold alone. The celebrated Haygarth tells us that out of sixty-eight patients afflicted with Rheumatism, *sixty-four* traced their complaints to *cold*, and the other four to inebriety, leaving a large majority in favour of our observations.

Among the many causes of Rheumatism may be mentioned—warm clothing too soon left off—sleeping on damp ground,—wearing wet clothes,—and, after being exposed to rain, sitting in the same garments till bed-time. Excess of indulgence, in sexual intercourse, is one great

promoter of Rheumatism,—indeed, according to Hoffman, persons who have addicted themselves greatly to its enjoyment before they have arrived at the meridian of bodily strength, are seldom exempt from it during the remainder of their lives. Suppression of perspiration has also an evil tendency, and often brings on attacks of Rheumatism. Those who lead an active life and guard against cold and wet, are generally free from rheumatic attacks; but indolence is its great supporter. Sleeping with the bed-room window open is also a very injurious practice, and often produces acute pain in the joints.

ACUTE RHEUMATISM

is of the piercing, feverish kind, and is much to be dreaded; it being generally violent, and oftentimes fearful in its results. It generally commences with a *furred* tongue, and is attended with an uneasy, dry state of body, which encreases till the patient is under the necessity of laying by. At these times, purgatives must be immediately resorted to, and such means as are generally used for

the reduction of fever ; due care being at the same time taken to drink nothing but barley water and other harmless liquids, and to abstain from all animal food. Acute rheumatism is more particularly tormenting to robust, sanguine, and corpulent persons.

CHRONIC RHEUMATISM,

which in many cases is very inveterate in its attacks, and sometimes even invincible, acts more frequently on the feeble and those whose constitution is naturally of a dry and tender nature. It is most prevalent in the seasons of spring and autumn, and is commonly produced by the peculiar state of the air. The atmosphere is not so much to be dreaded when very hot or very cold as when in a middle degree of temperature. The disease is found from observation, to be more particularly prevalent in houses recently built, and is often the consequence of sudden change from one air to another, and of rapid successions of heat and cold, drought and moisture. One of the most efficacious remedies for the removal of pain is the application of heat. The patient

may, with advantage, make use of a warm bath, or put the parts affected into a flannel bag, covered with oats, made hot in a fire shovel, which are often very serviceable. A plate of hot metal, heated, and applied to the seat of pain, will frequently afford relief. Friction also, as recommended under the subject of gout, has excellent results.

Having now given an outline of rheumatic affections (for our limits preclude our entering more at large on a subject that would fill a folio volume,) we have only to refer our readers to the former division of this work for general remedies, advice on climate, places of residence, exercise, bathing, sleep, clothing,* recreations, medicines, &c. where they will be found sufficiently detailed. These remedies will be equally serviceable for either complaint, they being so very similar in their operations.

* Rheumatism being a prevalent disease in Jersey, red flannel is worn by the natives, next the skin. This, they tell us, is an infallible cure—but we cannot vouch for its truth.

NEW REMEDIES

FOR THE

Relief of persons suffering from Rheumatism.

The writer of this little work, who has suffered severely from attacks of gout and rheumatism at various times, begs to recommend the following simple recipes, which are to be applied—the one externally, the other internally; the latter can of course only be taken by persons *whose constitutions are naturally strong*, and would be offensive to delicate stomachs. The former however, may be used by all.

EXTERNAL.

Dissolve a small cake of *yellow soap*, in half a pint of the best gin that can be procured. This may be done, by cutting the soap into small pieces, putting it into a stone bottle, and placing the bottle in a basin of boiling water. Rub the parts affected constantly, during the day, with the mixture, and the pain will very quickly be subdued, if not entirely removed.

INTERNAL.

To a pint of the very best gin, add an onion cut into thin slices, a head of garlic chopped fine, and a small portion of *Rock* Brimstone. Let this stand for twenty-four hours, till the virtues of the several articles are combined, and then take a wine glass full, twice or three times a day, according to the sensations of acute pain.

DR. STEERS' OPODELDOC

is one of the best things that can be procured for the purpose of rubbing the joints and those parts which are in extreme pain. Though it does not always succeed in annihilating the pain, it nevertheless eases the patient greatly, by removing it and causing it to settle in some other part,—oftentimes with a *less degree of suffering than before.*

BLACK SILK WAISTCOAT.

Persons suffering from pain, and who are under the necessity of attending to their avocations abroad, are recommended by all means to provide themselves with a waistcoat of black silk, to be worn next the skin. The electric properties of the silk are astonishing. *One* trial will prove its efficacy.

CONCLUDING OBSERVATIONS.

We have elsewhere given our advice on the subject of medicines, and we again beg to urge on our readers the necessity of applying to a respectable medical practitioner on the first symptoms of gout or rheumatism making their appearance. There are many notorious impostors abroad, who too often mislead the unwary, by publishing a list of "cases" in which perfect cures are *said* to have been made by means of their nostrums. Let these be avoided as a pest to society. It would hardly be credited were the writer to state the number of persons who fall victims to the schemes of these

villains in the course of a year ; but it is known to exceed many, many thousands. What, for instance, can we expect, when we are told that *one single medicine* will cure all the “ills that flesh is heir to,” and when patients are recommended to swallow as much of this medicine, at *one* dose, as would be sufficient to kill three horses ?



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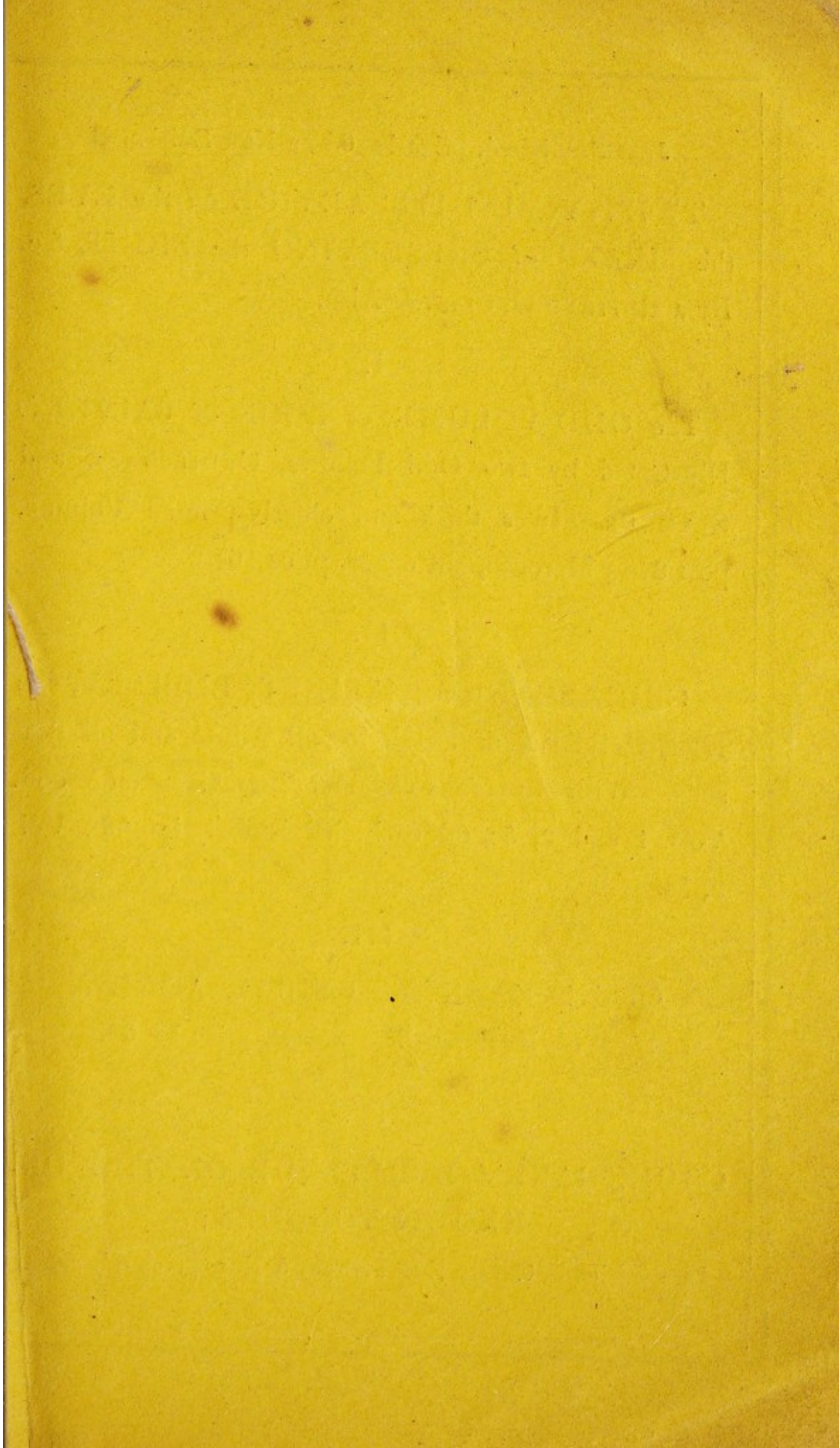
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