

An abstract of a treatise of the cause and cure of the gout; in a letter to Sir Hans Sloan ... about the cure of the gout, by oils externally applied / [William Stukeley].

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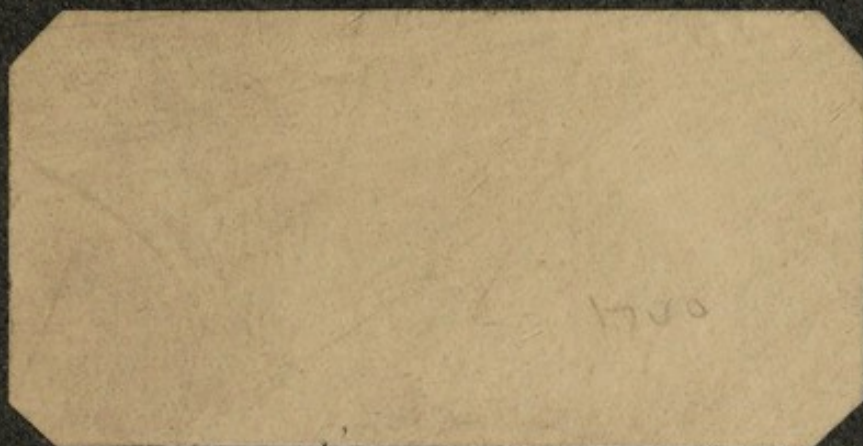
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A N

Abstract of a TREATISE

Of the CAUSE and CURE of the

G O U T;

I N

A LETTER to Sir *Hans Sloan*, Bart.
about the CURE of the GOUT, by
OILS externally applied.

By *WILLIAM STUKELEY*, M. D.
Fellow of the College of Physicians, LONDON,
S. R. S. and Rector of *All-Saints, Stamford*.

The THIRD EDITION.

*Let him dip his foot in oil. Thy shoes shall be iron and brass;
and as thy days, so shall thy strength be. Deut. xxxiii. 24, 25.*

L O N D O N:

Printed for ALEXANDER CRUDEN, Bookseller
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OF THE
G O U T.

To Sir HANS SLOAN, Bart.

S I R,



IPPOCRATES says well, that the human body is *pervium & perspirabile quid*, somewhat sieve-like. We in this moist northern island find it so, to our prejudice too often; when raw vapours are imbib'd thro' the pores, and assimilating some humour to themselves, cause colds and catarrhs so frequent with us. Perhaps the rheumatism and gout among many other distempers, in great measure owe their origin to this spring; perspiration being thereby slacken'd and disproportionate to our plentiful way of living. Therefore, at first sight, a remedy to be introduced the same way as the

malady, is of a promising aspect. These are diseases so obstinate, and have so long baffled the medicinal art, (especially the gout,) that we now seem to have given over all quest for a remedy, and sit down contentedly to bear the cruel torture. 'Tis certain that the gout is a crisis of nature, and the many unsuccessful and fatal attempts upon it, have altogether discouraged the Professors, from countenancing even enquiries after a cure. Nevertheless 'tis agreed that many other distempers are but crises; and they admit of medicine and a happy solution thereby. " Even a fever, as " Dr. Sydenham well defines it, is no other " than an endeavour in nature, to relieve her " self, by exterminating with all her power, " the morbid matter. This in few words is but a crisis. And should any one say, that physicians cannot assist in the case, and even cure a fever; they would think it an unworthy treatment. Therefore I my self who have suffered many years under an hereditary gout, cannot still judge any otherwise, than that we ought not to despond of finding a remedy for it: which is, to assist nature in making that crisis more easy, and truly salutary, as doubtless she designs it. 'Tis plain, by throwing the morbid matter upon the extremities, she saves the *individuum*: relieving the whole, by punishing a part. And the patient (as he

he may justly be call'd) after a fitt well solved, finds himself perfectly in health for a considerable time, and till the next fitt. Still it must be confest, that the returns of fitts accelerate, in a proportion cruel and uncomfortable, as years advance. And safely we may pronounce, as a great author of the faculty does on another occasion, that when we have got a fitt over, we escape as through the fire. And the fitts, especially when they begin to return frequently, so incapacitate our limbs for action and necessary exercise, that the health and habit of the body and constitution suffer extremely, and grow every year worse and worse. They bring on nodose joints, as well as gravel, stone and other diseases, the consequents of inactivity. So that at best we may be said, only to labour under a continual disease, which kills us by a more unkindly blow, because protracted.

Hence I cannot excuse my self from endeavouring to serve the publick; in notifying after this manner, what I have hitherto observed, in a remedy invented by Dr. Rogers of Stamford. First practised upon himself: afterwards, by my persuasion publickly sold; for the benefit of such as think fit to use it: as I my self have done for many years. 'Tis a warm oily composition, which he prepared, to anoint

the part affected with the gout. He try'd it upon himself in many fitts, the severest that can be imagined; when seized in both feet, knees, hands and shoullder all at once, and separately; and it never failed removing the fitt, (rather taking it quite off,) without any ill effect ensuing. And 'tis a distemper we have been obnoxious to from youth. But since then, it has been try'd, an infinite number of times, as appears by innumerable letters, from all parts of *England, Scotland and Ireland*: wrote to Dr. Rogers, my self and others; which letters are in my hands. Some of them may be seen at Mr. Cruden's, the Book-seller.

I shall make no apology for this publication, supposing 'tis become a just debt from me. Having now (1740) had eleven years experience of this remedy, without any miscarriage, that I am conscious of. Nor am I moved by the opposition made to it, by those whose interests are not particularly consulted therein. I know very well, whoever has felt the weight of the distemper, would be glad of any safe lenient in the case, any approach toward a cure. Nor should I think much at the hazard I might run of an unjust attack upon my character (if any I had or deserved) for so desirable an end. Tho' Instances appear'd daily before our eyes, of its good effects; yet those

those were misrepresented as much as possible. And they would rather believe the most irrational thing whatever, than attribute any good effect to the medicine. And those that had been wonderfully relieved by it, were suborn'd to deny it. And after all, when the most extraordinary success attended the use of it every where, those very persons who had been the greatest opposers of the oils pretended to imitate them, but in vain. All lovers of mankind will be pleased to have their fellow-sufferers exempted from so excessive a misery; even those that are not obnoxious to it. For my own part, I cannot but look upon it as a most auspicious piece of fortune in my life, that I thus became acquainted with a method which may render my future days comfortable. But how small a pleasure is that, in comparison of being an instrument of benefiting mankind!

'Tis burthening the reader's patience and my own, to recite many of these cases. The cure is as general as the variety of cases can be. I have seen where the recent gout has fallen upon persons in full vigor of manhood, upon both feet, ankles, knees and hams at once; and where from no temperate way of living, the podagric matter has been much and furious. I have seen the practice of it in people in years, that have labour'd long under the cruel evil. And

in rheumatisms of the most severe kind, and in many instances of the sciatica or hip-gout. In a week's time the fitt is master'd by the unction, all the pain and swelling is gone, and in 10 days or a fortnight they can walk abroad, and ride as well as ever: which fitts ordinarily would last 3 or 4 months. The quantity of ʒii of the oils will generally perform this cure. During the operation they make water freely, and have a stool regularly every day, pretty natural and biliose. Their stomach begins to return in 3 or 4 days time; they are intirely quit of pain, and can live after their ordinary manner, and sleep at night. In a common and moderate fitt, where it's not become inveterate, the cure is so easy and pleasant, that it appears rather as a delicacy, than a medicinal application.

During my studies in physick I was sensibly mov'd to bend my enquiries more particularly and assiduouly, toward this formidable *Goliath* of our Art: Because I had an hereditary title to it. I read all the authors I could meet with, whilst I practis'd in the Metropolis. A large volume I wrote, being an intire history of the distemper, and the practice upon it, from the beginning to our own times; and much sollicitated have I been by friends and fellow-sufferers to publish it. But I was too sensible, the principal part, the crown-work
was

was wanting, the Cure. Without that, 'tis in vain to harangue the world with the formal and formidable pomp of ætiologies, pathognomonics, procatacetics, prognostics: to define; distinguish with subtilty, to ransack nature's recesses, to be elaborate in histories of cases; all the while the poor podagric suffers on. Nor has the distemper lost an inch of ground from *Hippocrates's* days even to our own. The gout the supreme tyrant still gives sentence, as in *Lucian* 1500 years ago.

Εγώ δε τοῖς πᾶσιν οἰμῶζειν λέγω.

I command them all still to roar on.

Now we may advantageously theorize from practice, not practise from theory. We may venture to write on a distemper when we have a sure remedy for it: and when the very cure will enable us to reason upon it.

We need not spend time in repeating the great variety of opinions and different hypotheses in authors about the formal cause of the gout. It seems very plain that it is deriv'd from the salts which abound in all our meats and drinks. 'Tis those which give our flesh, fish, their flavour; our wine, beer, their strength. And they that live well, have a good claim to the distemper. *Helmont* calls it *morbis suavi-*
ter

ter viventium; Homer long ago observed this, calling it *Μισοπρωχος*. It flies cottages and seeks the habitations of the idle and luxurious, there it reigns and revels. It passes by hard fare and industry, and subsists in jollity, feasting and midnight debauches. 'Tis not only *dominus morborum*, but *morbus dominorum*. All savory things convey into the blood great quantities of these salts, which are permanent and incorruptible bodies, of great activity, solidity, force, attraction, and withal very fiery and caustic. All these qualities are heightned exceedingly and spiritualiz'd, the matter is rectify'd, as we may very properly call it, by various transmissions from one animal to another, from various concoctions, digestions, cohibations, fermentations. So that 'tis no wonder if at last, when they meet in a gouty person who uses not labour and exercise enough; from the smoothness of surface and solidity, they strongly attract one another, and assemble too much together; from the sharpness and hardness of their points they lancinate: from their fiery malignancy they burn, and from nature's expelling them as much as she can, out of the habit of the body, they cause what we call a fitt of the gout. Wise nature (as we name the establish'd order of causes and effects, flowing from the Almighty will at creation) throws off these pestiferous salts, that
they

they may not offend the general œconomy, nor attack the Capitol. She throws them off to the great joints, as much as possible, that they may be extinguish'd by a plentiful affusion of oil, out of the glands there, which are to lubricate the joints. But the joint-glands themselves by age grow rigid, and seern less of their proper humour. Hence when the gout falls upon people in years, it proves very severe, for want of a necessary quantity of that oleaginous matter to extinguish it.

At present we take it for a fixt principle, that the cause of the gout is the abundance of these animal salts, work'd up with vegetable ones arising from tartar and fermentation. 'Tis very apparent that scurvy and gout are near ally'd. This we see abundantly from all authors, especially Dr. *Musgrave*. But the salts in the gout are much more volatiliz'd. The gout then is the legacy of plentiful living and inactivity. These salts are sharp to create a good appetite, which podagrics generally find; but *that* creates a wrong balance between in-taking and expending. And we may very well with Dr. *Cheyne* define the gout to be, an effort of nature to throw off this abundance of salts. I add, she understands chymical mixtures well; so she throws them off into the oil-glands,

glands, because nought but oil can sheath their pointed particles.

These salts being too long retained in the circulatory organs become highly volatiliz'd and caustic. All salts are more or less caustic, but most, such as have pass'd thro' an animal. From such urinous salts the *phosphorus* only can be produc'd. Spanish flies, bees, wasps, ants and all those kind of creatures which blister, are made up, as it were, of these caustic salts. Glow-worms, lanthorn-flies, may be called a living *phosphorus*. The sting of bees, wasps, and all poisons of animals are made of these caustic salts. And they much resemble the pain of the gout, which differs from common pain, and feels like that of a hot coal or hot iron apply'd to the part. And no doubt with great propriety, the matter of the gout may be term'd a liquid *phosphorus*, a subtle poysonous gas, which nature exterminates for her relief. What we call a rheumatism is the *arthritidis vaga* of the ancients, 'tis a real gout in another mode; and admits of the same cure by our oils.

I know full well the danger of tampering in this or any other distemper: and I hear *Sydenham* pronouncing, that in the gout, 'tis nature's high prerogative, to exterminate the morbid matter in her own way, and to throw it
upon

upon the joints, thus. “ *In podagra nihilominus Naturæ quasi prærogativa est, materiam peccantem suo modo exterminare, & in articulos deponere, per insensilem transpirationem diffundam.*” He is only mistaken in the last sentence, “ *per insensilem transpirationem diffundam.*” For the gout will by no means spend it self that way, nor can that be wise nature’s intention, in throwing it upon cold, extreme parts. The practice of physick dictates to us, that we are not to oppose nature but assist her; and in that consists the excellency as well as safety of our remedy. It is exterminating the morbid matter in nature’s own way; not opposing but assisting her. ’Tis not to be call’d tampering, there will be no after-reckonings, the cure is compleat. Nature leads the way herself, and therefore ’tis perfectly safe.

If perspiration would have done the feat, a cure would have been found out ages ago, from the 10000 warm administrations both internal and external, which have been found entirely useless. And Sydenham says himself, immediately after the fore-cited passage, that a *diaphoresis* or sweat has been altogether unprofitable, and so I have experienced it.

I have this to add, as a great confirmation of the certainty and safety of our cure. We find by experience, that even a gentle purge given towards the end of an ordinary fitt of the gout, is so far from being useful, as may be thought, in carrying off the dregs of the distemper; that it generally brings a new fitt, not at all milder than the first. Whereas after the use of the oils, a gentle purge is very profitable and accelerates your recovery, without danger of bringing a new fitt, as I have often try'd by experience. This notoriously proves, 1st. That in the ordinary method, the crisis of nature is by no means compleat, when a fitt has run its whole course without molestation. 2. That in our cure the crisis is compleat, and perfectly agreeable to nature's purpose, therefore certain and safe. 3. it has been used this 10 years compleatly. The return of fitts are much seldomer; they come without any ill symptoms or irregularity. So that we must ever answer to these kind of objections, by denying that our cure is tampering, is removing, repelling, translating the humour of the distemper; but deadning it and effectually disarming it. Nor need we fear its repullulating in any other place, for that fitt.

I cannot forbear, in this place, mentioning the late worthy and learned Dr. *Walter Harris* my Colleague and Friend. He honour'd me a young man with a particular intimacy. His memory is dear to me, and will live to the world, as long as his book of the diseases of children. And latest posterity will revere him, who was the first that discover'd the true method of treating those tender years with medicine. He dy'd in *July* 1732. aged 85. This sagacious author thus wrote, just 50 years ago, in his Treatise called *Pharmacologia antiempirica*, printed 1683.

“ The gout, says he, is an habitual disposition in nature to throw off offensive humour, critically upon the joints. The cure of the gout, and the cure of the fitt are two very different things. If instead of a fitt, that would, according to the course of nature, hold him 6 or 8 weeks in pain and weakness: he should be relieved of his pain in a few hours, and deliver'd of his weakness in a few days, he has reason to thank God for this assistance of art, and to embrace it with joy.

“ The first thing therefore, and the chief that is to be done in the fitt, is to take away the pain in each part, where the defluxion has fallen, by proper outward applications: and to free

“ the

“ the parts, as well as may be, from that
 “ load, which within swells and dilates
 “ præternaturally the fibrils. The pain be-
 “ ing often so great, as to cause a symp-
 “ tomatic fever with it, we ought diligent-
 “ ly to apply ourselves, to remove this
 “ grievous *pain*. And a man may as well
 “ maintain that it would be injurious to
 “ the body, to part with a quartan ague,
 “ before it has been shook with it for a
 “ full year, as that it would not be safe,
 “ to lose the pain of the gout, before so
 “ many weeks are over; and nature itself
 “ has, at it were, in pity to the diseas’d,
 “ at last given them a convenient respite.
 “ The benefit of *outward* applications when
 “ properly administer’d in a raging fitt of
 “ the gout, is as great as the freedom from
 “ pain in any other part, is ease and com-
 “ fort, in respect of that part.

Thus does our judicious author in the
 fullest manner, say all that can in strongest
 terms establish the practice, we are re-
 commending to the publick: tho’ all the
 while he was ignorant of the great remedy
 which providence put into our hands, im-
 mediately after his death. From mere
 judgment he pronounced, what is the ap-
 propriate cure of the gout, though he saw
 not what could answer all his intentions
 of cure; and could scarce hope that it
 would ever be accomplish’d by one appli-
 cation

eation only, and that so simple and easy. He saw too, that it must be by somewhat external. Even the learned Dr. *Pitcairn*, in his division of diseases, reckons gout and stone diseases *extra animal*. But how well does Dr. *Harris* distinguish between the cure of the gout, and the cure of a fitt of the gout? How does he tacitly reprehend the present way of thinking in this distemper, of wishing joy upon the access of a fitt: as if a long and most miserable life was a blessing? As if it really gave a long life, or was a truly judicial and salutary crisis. When at best it must be call'd such a goal-delivery only, as consigns the prisoner to the executioner. Senseless must those be that maintain the pain of the gout is useful, and by no means to be rebated. 'Tis a high absurdity, and no other than a cloak of ignorance of the cure. The gout from the beginning has been deservedly called the *opprobrium medicorum*, and in good measure owing to ourselves, who childishly discourage any attempts upon it. And even at this day there are found some of little and low minds both in the town and country, who are willing enough to oppose Dr. *Rogers's* remedy, because they were not the inventors themselves; when they cannot pretend to any cure of their own: or because they envy mankind so

great a comfort. Such must be strangers to the generous and noble principle of philanthropy, that highest virtue our nature is capable of arriving to, an imitation of the supreme Being, the *το αγαθον*; an endeavour to do all the good we can; but especially to so great a part of mankind labouring under this formidable affliction: which must needs excite the highest degree of compassion from those who profess humanity. A savage soul would be touch'd at the sight of a wretch lying but one hour under a *Spanish* rack; yet this is nothing in comparison of a severe fitt of the gout.

How well has Dr. *Harris* defined this distemper? That 'tis an habitual disposition in nature to throw off offensive humour upon the joints. 'Tis properly the joint-disease, *arthritidis*. And 'tis nonsense to divide it into *podagra*, *chiragra*, *mentagra*, *gonagra*, *talia* and the like ridiculous names, as if it were not terrible enough, unless split into 100 terrors. 'Tis all one and the same humour and disease. Yet why should nature chuse to throw it off upon the joints, but for sake of the oil-glands? The disease is truly a habit, but a very unlucky one, before our remedy was discover'd; a miserable crisis which nature by constraint chuses. The gout is not only so far habitual, as at stated times of the year, once or twice to attack us, but will often

often make a supernumerary and irregular visit; a most incompassionate officiousness! And then it will hold us as tediously and cruelly, as in its ordinary executions.

If we examine curiously into nature's arts, in forming the bodies of animals, which are design'd for motion and action, we may remark, one of them provides for the slipperiness of every part, where any motion is performed. This is in order to prevent grating, heat and friction. Thus the membranes that cover the inner cavity of the chest, and belly, which we call *pleura* & *peritonæum*, the membrane that incloses the heart call'd *pericardium*, are altogether glandular; the one to favour the ceaseless motion of the lungs, the other the peristaltic motion of the intestines, the third that of the heart. Likewise all lesser and more particular membranes belonging to the *viscera* are of like structure. All the common membranes which cover the muscles, which are the ropes of the body; all the membranes which cover the joints, the pullies of those ropes, partake of like artifice. The little glands abounding over their whole surface spew out continually an oil to keep them moist and smooth. More particularly still in the joints themselves are certain cavities contriv'd, wherein great glands are inserted,

as in a secure corner, not to be press'd upon by the bones in action: yet so as to be gently touch'd and sollicit'd to pour out their oleaginous contents, upon every action. Likewise upon every great tendon of a Muscle, there is a gland to moisten it and keep it from breaking. Thus in that cavity for the head of the thigh-bone is a great gland, as big as a nut, the largest of this sort in the whole body, as the largest joint. In the knee-joint are 4 or 5. in all the joints of the hands are considerable glands, well provided by wise nature for that organ of organs. So upon every tendon of the hands, especially those of the *musculi perforantes*; upon the shoulders: upon the feet, on every joint and tendon of the toes, *tarsus*, *metatarsus*, particularly on the great tendon of the muscles which extend the foot, and those of the *perforantes*: on the ancles, and so of all the rest, according to their action and exigence. Beside this, there is a continual exudation of the oil of the marrow, which is contain'd within the bones, thro' their foraminous extremities, upon the joints themselves, as the learned Dr. *Havers* shows, p. 172. of his osteology. 'Tis very evident that without this excellent contrivance upon extraordinary action of any joint, the ends of the bones would
be

be wore away, or at least they would be fir'd with heat.

The liquor which thus abounds in the joints is a delicate, pellucid, oleaginous substance, of an incomparable smoothness, something like the white of an egg; a natural balsam to prevent the injuries of action. This is seen to run plentifully out of the joints of calves feet when cut. The use of all this is apparently the same as grease to coach-wheels. 'Tis an oil thicken'd by the saline particles in our blood and the nitre of the air, as *Havers* shows from *Dr. Grew*: this is to actuate it and render it useful. The oil of the marrow and the oil of the joint-glands continually bedew the joints and fit them for action. Both concur in that important office of an animal, and in a proportion agreeable to the exigency of the whole and of each limb. This oil and this mucilage he compares to the artifice of carters and coachmen, who make in imitation thereof a composition of grease and tar, with which they besmear the inside of the naves of wheels, and the extremities of the axis upon which they move. Without this, their swift rotation and continued action would set them on fire, as well as wear them away.

This smooth composition is useful not only to the extremities of the bones and

cartilages upon their articulation, but to the ligaments likewise, the bandages that keep them together. It preserves them from dryness and rigidity, plyable and conform to all the variety of necessary action.

The glands are small and numerous upon every membrane about a joint: likewise upon some particular parts of a membrane, where 'tis convenient. And in the sinus's of the bones in the joints, these glandules are so conglomerated, as to form remarkable glands. In some of the large joints there is only one and large, as in the *acetabulum* of the thigh-bone: in some, as in the knee, there are 4 or 5. the fabrick of them consists in several membranes superstrated one over another, set thick with small round bladders, which not only lye contiguous, but tenaciously adhere together; as the several membranes likewise do. All these glands have excretory ducts into the joints. There are of these glands upon the first *vertebra* of the neck of the *atlas*, on which the head turns; on the articulations of the ribs to the spine. In the shoulder-joint there is a considerable one; so in the cubit are several. So upon the *radius* and *ulna*, the wrist, upon the *patella* of the knee, and in short upon every joint, cartilage, membrane and tendon of the whole body. For which reason

reason these very parts are all the seat of the gout.

I find that from time to time, mankind has made some approaches toward discovering both the nature of the disease and the cure. The happy completion of it was reserv'd to our times. Among the innumerable drestes, which they have put the humour of the gout into, we may observe all along, they make it of a very subtle, burning and deleterious nature. Tho' there are great variety of opinions concerning the origin of it. Some attribute it to one of the 4 fancy'd humours predominating, phlegm, blood, bile, melancholy; some to a straitness of the capillary vessels at the extremities, or to their rigidity; some to the nerves and nervous fluid, some to indigestion, wind and the like; still the matter itself that causes it, they thought contagious and inflammatory. *Sydenham* more than once pronounces the constitution of podagrics to be *luxurians & virofa*, which we may translate poisonous, that is, their blood is of a rich nature apt to secern a juice of a poisonous quality, in other words the gout. *Havers* makes the matter of a rheumatism or running gout acridous, subtle, hot and volatile, of a burning and fiery quality, saline, pungent, lancing, corrosive. That it falls upon the mucilaginous glands in the coats of the muscles and co-

gulates their juices, just as spirit of nitre does, and the like acids when pour'd upon them.

They had reason enough even from the observation of sense to say so much. I add, that this is not to be understood in a poetical or figurative sense only, but literally and strictly. For I scruple not to affirm the matter of the gout is a true poison. These are some reasons that justify me in the affirmation.

1. I argue the gout is an actual poison from the violent inflammation, swelling, pain, heat, thirst, and all the concomitant symptoms; the very same to all intents and purposes, wherever it fixes, as in a venomous bite: and the humour probably is as little in bulk. We see how terribly the sting even of a wasp or bee will swell and inflame a whole limb, and produce a most fiery pain. *Hippocrates aphor.* 47. § 6. observes the gout is a true inflammation. And when it seizes on the stomach, it produces the same symptoms as poison swallow'd.

2. I argue that 'tis a poison from the *juvantia* & *lædientia*, heat enrages it, the warmth of the bed and warm flannels do no more good, than keep it where it is fix'd upon the part. The cool air or cold water sensibly abates the inflammatory heat and pain, but then they drive it out of the part as uselessly as the former method retains it but more dangerously; because it recurs
some-

somewhere else. Neither the heat makes any evaporation of that humour, nor does the cold any ways extinguish it. These bare qualities have no useful effect.

Again, 3. The 2 only methods of cure, the moxa and our oils, both confirm my position. 'Tis not to be doubted that the moxa has often cured the gout: but 'tis a tremendous remedy. It will not be easy to persuade patients to bear the slow fire of a wooly plant burning upon their flesh for a minute or two. Nor is the cure so infallible. But certain it is, that where burning whether actually or potentially, cures the gout; it cures it merely as a poison: the fire of the poison submitting to the greater fire, as a hot iron cures the bite of a viper, by ruining and destroying the texture of the poison. 'Tis to be observed that the little wooly cone or moxa which is to burn the part, must be set with great exactness upon the very point where the gouty drop lies. For if you set it but an inch off that place, it produces no effect. This shows 'tis by the fire, which kills this poison, that the cure is perform'd, rather than by any quantity of humour derived from the burning. And this shows too, that the humour how small soever in quantity, is a real poison. The same thing we infer from the *Indian* practice of lighting the moxa with little aromatick sticks prepared

pared for that purpose. These in burning, emit a very grateful smell, good against the poisonous damp and fume of the distemper, which the fire draws out of the wound; and which is very prejudicial to the patient and by-standers, as well as to the operator that performs the burning. The suddenness of the relief here proves the same thing, for tho' we are not able to stir our foot for several days without lifting; upon letting out that envenom'd steam by the moxa, we can walk instantaneously; and the cure of the gout by our oils proclaims the same truth. These oils introduced upon the poisonous *gas* in its recesses, effectually disarm and subdue its virulence; as unctuous things likewise cure venomous bites, if timely apply'd, and before the poison has diffused itself into the blood. Our oils are but a *succedaneum* to nature's oil in the joint-glands, too little in quantity to perform the cure; either naturally where the gouty matter exceeds the antidote in one joint, or where these oil-glands have been much debilitated, shrivel'd, and injured through frequent fitts, in which case our oils come as a timely auxiliary, and effectually turn the fortune of the battle, to the patient's advantage.

4. I argue the matter of the gout is a poison from that common appearance of the skin coming off, after a long fitt of the gout.

gout. Nature has been struggling for months to subdue this internal poison, by dint of time and patience, by affusion of blood and humours upon it, to quench this fiery venom, and at last, and with her best endeavours, 'tis but imperfectly and partially done. 'Tis quieted, not extinguish'd. Like embers it lies lurking, till additional strength enables it to break out into another fitt. But that part of the humour which nature by long time and force drives out thro' the skin, so taints its emunctories, as *Virgil's* harpys, so leaves its pestiferous *sordes* behind, that nature is forced to throw it off and form a new skin under it. And this is a thing common in all poisonous cases, and surfeits, as the country people call them. The whole skarf-skin comes off, wherever the venom has touch'd. And thus the excellent *Sydenham* in the end of his terrible pathology of the gout says, "a most intolerable itching
 " in the foot affected, comes upon the fitt
 " retired; especially between the toes, scaly
 " parts then come off, and the feet are stript
 " of the skin, as if we had taken poison,
 " *quasi epoto veneno*." As we read his pathology of it, we cannot but see all along that the humour is a poison which nature is curing as well as she can, by plunging it into the oil-glands; every plunging is the *paroxysmus* which he mentions, many of
 which

which make a *paroxysmus*. For as 'tis impossible in a great fitt that the oil-glands of one joint should be sufficient to extinguish that poison, she is forced to divide the on-fetts or fitts into little ones, to give time for the glands to recruit. And for the same purpose she throws the humour alternately from one foot to another, and when those two limbs are not sufficient, she takes in more.

5thly, The universal appearance of the gout, and what all authors write about it; that by continuance of time, it turns all the humours in the body to its own likeness, shows evidently 'tis a poison, and that when we have long labour'd under it, the remnant of our unhappy life is but a continual struggle of nature to drive off that poison from the first vital principle, and fight it as long as it is able. So again that common observation in it, that the sharper the fitt, the severer the pain; by so much the shorter it is, and the sooner we recover; shows likewise that 'tis a poison. As *Sydenham* observes, pain is nature's most bitter remedy in the case, which the more vehement it is, so much it shortens the fitt, makes the intermission longer and more perfect. The crueller has been the conflict, so much more oil and labour has nature expended to procure a victory. Would we then know the nature of the gout, we
need

need only read Dr. *Mead*'s book of poisons, and be fully appriz'd of the matter. I doubt not but the poisonous drop of the gout is similar to that of a venomous bite, as Dr. *Mead* observ'd it upon a microscope glass; a parcel of small salts nimbly floating in a liquor and striking out into crystals of incredible tenuity and sharpness, he calls them *spicula* and darts. Such likewise in the drop emitted by the sting of a bee, and in the common nettle. He found by experiments that 'tis of an acid nature. He solves the symptoms by the pungent salts of the venom acting as *stimuli*, irritating the sensible membranes, deriving a greater afflux than ordinary, of the animal juices that way. In speaking of the poison of vipers being swallowed without harm, he attributes it to the balsam of the bile, which proves an antidote to those saline *spicula*. And treating of the cure from the *axungia viperina*, he says it consists of clammy and viscid parts, which are withal more penetrating and active than most other oily substances, and that they involve, and as it were sheath the volatile salts of the venomous liquor, and prevent their shooting out into those crystallin *spicula* which cause the deadly mischief. In the next chapter he says, the *oleum scorpionum*, or the oil wherein scorpions have been infused, is a present remedy for the sting of this creature,

as

as the *axungia viperina* for the viper. He says the viperine venom is the quintessence or most active part of those animal juices, with which the viper is nourish'd, and so of the scorpion and other poisonous animals: the like we may suppose of the matter of the gout, being the quintessence or most active part of the rich blood of arthritics unbroke by labour.

I have known several instances of people obnoxious to the gout, that have been seized with a sudden and most violent inflammation in the face, a small tumor arising like a plague-sore immensely fiery, which breaks and runs with a scalding water or *sanies*, and then heals up. No doubt but this happily discharges a fitt of the gout, and sufficiently shows the poisonous nature of that humour which causes it. So that *Lucian* not improperly compares the pain of the gout to the gnawings of the hell-hound *Cerberus*, to the poisonous bite of *Echidna* a hell-snake, and to *Nessus* the centaur's poisonous garment, which he gave to *Hercules*. The analogy goes so far, as that after the bite of a viper the swelling continues some time, and the inflammation; and often more considerably upon the abating of the pain and other symptoms. And as *Dr. Mead* observes, one good drop of a viper's poison does all the cruel execution: so by what we can observe, one drop

drop of the gouty poison is enough for a limb or joint.

Again, 6. there is the same timorousness induced from the spirits and nerves, which Sydenham so much complains of in the gout; as 'tis one symptom of the bite of a tarantula. *Hic accedit*, says he, *miseriarum cumulus, quod durante paroxysmo animus etiam ceu contagio afflatus, eo usque corpore compatitur, ut haud facile sit dictu, utro horum æger calamitosius doleat. Non enim rectius podagræ quam iracundiæ paroxysmus omnis dici potest: cum mens & ratio usque adeo ab infirmato corpore enerventur, ut vel levissimo affectuum motu impellantur & vacillent: unde non magis ipsi quam aliis gravis est. Quid quod & cæteris quoque passionibus est obnoxius, timori, viz. sollicitudinique atque aliis id genus: a quibus pariter torquetur, donec morbo evanescente animus quoque pristina tranquillitate recepta una convalescet.* These observations are agreeable to the effect which actual poisons have upon us. And in the bite of the mad dog a proneness to anger is one of the symptoms, as Dr. Mead takes notice. He supposes that poison to be fiery, saline particles thrown from the boiling blood into the saliva. He says, the dressing the wound of this poisonous bite with *unguentum ægyptiacum* scalding hot, and this alone timely applied has happily cured it. At the end
of

herbs, he gives the indication of cure, such things as are of a smooth oily, lubricating substance. Through the whole course of his book, we find he assigns corrosive salts for the particles of infection and poison. He makes animal juices of a fermentative, active nature, fiery and corrosive, and those of human bodies ranker and more abounding in active salts than those of other creatures, which are continually repaired and nourished by the juices of animals. But from the Doctor's reasoning much may be obtain'd to illustrate the nature of the gout, and much towards its relief and cure, its retardation or eradication.

In the cure of the gout, I likewise observe, mankind has very much insisted upon an external and an oily application. The peculiar nature and property of the evil which affects the joints, seem'd to indicate, that it was thrust out of the habit, like an unwelcome guest; it was turn'd out of doors as far as might be, and wanted somewhat that should either lead it safe out of the purlieus of the body, or destroy it where it was; that it might not make a fresh return inwardly, to disturb the family. More particularly we may discover, that unctuous applications have been a frequent intention in arthritic remedies. Nevertheless time was not mature for the exact *recipe* in the case. Since I have enter'd upon
this

this argument, I have met with many relations that I can depend upon for fact, of accidental cures by external applications. And I find, they all consisted of volatile, unctuous substances; but none so certain, convenient, cheap, easy and well appropriate to the case, and effectual as our preparation.

Hitherto we have treated of the history of the distemper, and of its cause: wherein we have shown that 'tis a really poisonous, fermentative humour thrown out of the blood. We are next to speak of the remedy, or antidote for this poison, as we may now properly call it. The oily preparation which Dr. Rogers has made, is as sure and specific a cure for it, in all respects, as the *cortex peruvianus* is for agues and fevers; or any other the most specific remedy in all medicine. This I may with confidence affirm, from innumerable experiments. But a person of true judgment, in the animal œconomy, in philosophy and the operation of medicines, cannot but see, that if the gout be a poison, this active and penetrative oil is incomparably well adapted for its antidote: and so we find by experience. As soon as ever 'tis introduced upon the matter of the distemper, it kills and extinguishes it. It so envelops and blunts those pungent, fiery salts, that for ever after they are perfectly harmless. It

immediately curbs that outrageous swelling and pain; and restores very expeditiously the limb to its pristine shape and office. That contagious quality that would draw in a great quantity of humours to partake of its own nature and diffuse itself through the whole constitution (as one grain of gunpowder inflam'd fires all the circumja-cent heap,) soon disappears, as if it had never been. And it surprizes the patient that has been us'd to these fiery tryals; like a prisoner who beyond his hope escapes a capital sentence; this I can speak very truly, because very feelingly. I shall give the reader my observation upon a week's trial.

When nature is in a disposition to separate this humour from the blood, which we call a fitt, she separates it continually in a certain equable tenor, till she has reliev'd her self as perfectly as she can. She does not separate it all at once, because she knows one joint cannot supply the remedy at one onsett. The secretion of glands is a gradual thing and matter of time. This humour thus thrown out, according to my former theory, upon the oil-glands of the joints, is extinguish'd by the oil whether natural or artificial, as fast as it comes: if the oil be sufficient in quantity. The humour is generally detach'd to the most distant joints of any considerable bulk, first.

first. which is the reason, why it so frequently begins with the great toe. When the area of one joint gives it not scope enough to display its colours, it retires to the next and so on, according to the quantity of its forces. And thus the tragedy becomes more or less extensive. Since the cruel pain is the only remedy in the ordinary way, nature is obliged to divide her tortures, and quarter them upon different limbs, to save the life, which is her chief care. And as 'tis impossible that the joint-glands, in a great fitt of the gout, should instantaneously find oil sufficient for a remedy, she is obliged to accomplish her purpose by long time; by bringing a huge afflux of blood and humours, for a remedy. *Dr. Havers* observes in the cure of a rheumatism, that mucilaginous and oily, pectoral medicines are aptly prescribed. He says 'tis imitating nature's composition, correcting and restoring the mucilaginous juices she provides for the muscular membranes, in whose glands the seat of the distemper lies: substituting an artificial mixture which supplies the defect of that which the morbid matter has vitiated. And this I find by experience to be true. In the most severe rheumatism, where the humour has attack'd every joint from the head to the foot, we have followed it with unction: and in a fortnight's time totally subdued

that frightful distemper; which otherwise in the ordinary manner of treatment would have lasted some months, and kept the patient in exquisite torture all the while. And this shows incontestably, the humour of the rheumatism is the same as that of the gout: and that both is of a truly poisonous nature. This operation then must not be call'd repelling. Every one that knows the gout, remark, 'tis usual for it in common instances, to make quick transitions from one part to another, and after it has extended one limb, as much as may be, it flies to another. Repelling is a word to be taken in a double sense, properly and improperly; but in neither sense can I admit of our oils repelling. Strictly and properly by no means must that be said to be repell'd from a certain part, which never was in that part. To say the humour would have come into the part, had not the oils been apply'd, is but a guess. And be it fact, 'tis a happiness to divide the field of battle, and spread the enemy's troops thin, that they may the easier be circumvented and attack'd on all sides. 'Tis a happiness to hinder an enemy from entering a part already weakned and incapable of resistance or resisting with difficulty: and to meet him bending his forces against a fresh wing unbroken. And this is assuredly the case in the application of the oils.

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The enemy retires continually weakened with real loss of its virulence and quantity upon every unction. And which plainly shows that there is not the least danger to be apprehended, of the gouty humour falling upon the noble parts. The very warmth of the oils attracts that humour to them, as well as deadens it when attracted; they are the proper *pabulum*. Just as any salt is strongly attracted by the water which dissolves it. And nature determines it to them, for the same reason as she sends it to the oil-glands. And this all experience confirms. In the case of rheumatisms where they have been the most violent and inflammatory that is possible, we have follow'd the pain with unction through every joint of the body from the neck to the toe ends. The consequence is a most certain and speedy cure, without any translocation of matter inwardly and upon noble parts, or any ill consequences whatever.

So much the more ought we to congratulate our selves for a remedy. Accidental fitts which I call the contagion of the gout, are certainly quell'd by one or two anointings, which without it, would produce regular fitts. And whenever we find the veins turgid and the part begin to look red and hot, the signs of an approaching fitt, we are instantly to apply to the remedy: which like pouring water upon fire extinguishes

it. No words can paint out the pleasure we feel, when we so easily escape. When we are relieved from it, in as many weeks shall I say, rather in as many days, as otherwise months: if left to the ordinary course of nature. When we escape not only the cruelty of all the pain, the lancinating tendinous twitchings, the wakeful nights, the languishings, faintings, sicknesses, febrile heat, nausea, the dread of the least motion; the fits of anger, despair and violent disorders of the mind; but the ill consequences too which are worse, if possible, than the primary case, in so unreasonable a confinement from air and exercise, which alone would be very prejudicial to our constitutions, without those former associates. And what is still a greater advantage, thro' this excellent remedy, we escape the melancholy prospect of a life exquisitely miserable, to those that have constant returns, the more unhappy, the longer it is in killing. Hence we may banish all the formidable *apparatus* of bed-cradles, chairs, couches and *automata*, shoes of cloth, cutt or laced, gloves, stockings of various dimensions, sticks and crutches, springs and wheels, and a thousand contrivances of machinery for ease, motion and carriage. Instead of the old *Egyptian*, *Scythian*, *Chinese*, *Japanese* burnings, needles, moxa's; instead of the directions of horror among the old
Greek

Greek and Latin writers, *secato, urito*, we need nothing but to anoint. A prescription so soft and gentle, that were it not for a distemper, we should reckon it a delicacy, a revival of antient luxury. And did we practise the athletic sports of the antients, we should use it every day for pleasure: it gives such a vigor, such an easiness of motion to the joints, sinews, and tendons, that new Adam-like in *Milton*, we wonder as we walk. We say as he,

*With fragrance and with joy my heart o'er-
flow'd;*

*My self I then perus'd, and limb by limb
Survey'd, and sometimes went, and sometimes
ran,*

With supple joints and lively vigor led.

P. L. VIII.

Doubtless to return speedily to our common way of living, to the air, is infinitely preferable to all the milk and herb-dyets, all the vegetable and starving regimens, which have of late been at great price imported from abroad; fatally practised very often I believe, seldom successfully. They are but the last and desperate efforts of mankind reluctant to misery, to the tremendous evil. But in our method, the fibres are restored to their natural tone, before they have suffer'd. And the universal

œconomy is put into its former state, so much better than before, as we have expeditiously extinguish'd that flame boiling in our veins, poisoning the fluids, and preying upon the solids. In this view, doubtless the oils are prophylactic, as well as present cure. And by this means we doubly cut off the growth of the succeeding fitt, by restoring the patient to early vigor of the solids, and by totally destroying the matter of the present fitt, making the crisis compleat and perfect as well as speedy. A benefit not to be sufficiently valued! to redeem the solids from that fearful relaxation, by the humours lying upon them and puffing them up for months together; so that they pit like dough, as in a dropsy, and at the last the skin comes off; instead of this fiery tryal, to have a speedy ease from disease, symptoms, and bad consequences: this is the blessing which Dr. *Harris* hoped for from the assistance of art, and for which, he says, we ought to thank God. This in reality is the completion of the admirable *Sydenham's* prediction. *Non his majora promitto; quamvis a longa cogitationum serie, quas huic rei impendere tantum non sum coactus, inducar credere, ejusmodi remedium quandoque inventum iri. Quod si unquam acciderit, inscitiam suam Dogmaticis exprobrabit, atque inde liquebit, quam insigniter tam in dignoscendis morborum essentiis, quam*
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in medicamentis, quibus eos aggrediuntur, hallucinentur. I need not scruple to affirm from judgment, as well as experience, that 'tis the greatest discovery that has been made in our own country, in the art of medicine.

All that I had advanc'd concerning the matter of the gout, being a poison, and of its cure by our specific oils, is since no less than demonstrated to be just: from the experiments lately try'd, in persons bit by vipers. In the Philosophical Transactions for *October* 1736. N^o 443. We have a full account of experiments try'd in the town-hall at *Windsor*, of a man and his wife that suffered themselves to be bit by vipers: and their arms to swell for some time, till the most vehement symptoms arose, and they were in manifest danger of their lives. Then upon rubbing their arms warm with an oily composition, or with fallad-oil for some time: The poison was extinguish'd and all the symptoms by degrees ceased. The same experiments were made *June* 1, 1734. before several members of the Royal Society, printed in the Transaction aforementioned, likewise reprinted in the Daily Gazetteer for *September* 2, 1738.

Further we read a letter from Dr. *Atwell* to Dr. *Mortimer* R S S. of a man and a woman bit by vipers and cured by unction. Phil. Trans.

Transf. vol. XXXIX for the years 1735, 1736. N^o 444. After the man was well, the flesh pitted as if dropfical, just as in the gout. They bound up the parts in papers soaked in the oils, a good method for us to follow. And the parts are so exquisitely sore as the woman could not endure to have the paper apply'd: as with us in the gout.

N^o 445. We read a letter from Dr. *Williams* on the same head, *Jan.* 26. 1735. These accounts ought to be perused by all podagrics, and it will effectually rectify their notions concerning the gout, and the cure of it, by our specifick oils. And 'tis plain from hence, were the gout but as one bite of a viper: we could cure it by one unction alone. But as nature by degrees throws the poison out of the blood, and upon divers parts: so it requires divers and repeated applications of the remedy.

But agreeable to those experiments in the Philosophical Transactions, I am further inform'd by a worthy gentleman, who is a Fellow of the Royal Society, and has lived many years in *New-England*: that 'tis a common practise in that country, to anoint the gout with the fat of the rattlesnake. And the very same remedy, they use for the venomous bite of that animal.

What I have further to say on this argument is only to delineate a method of treating the arthritick, when in a fitt, and under the operation of the oils: And likewise a method after recovery, whereby I conceive he may best subdue the tendency in his constitution, of producing these pungent, poisonous salts. Certainly, the regimen to be used during the use of our oils, must be moderate. Upon the onsett of a fitt of the gout or rheumatism, there is no need to recommend moderation, the patient has no stomach: but when he recovers his appetite, he is to eat sparingly of light things. A glass or two of wine or mild ale, is to be indulged. Nor will they find such an exacerbation of the pain immediately after a slight meal, as in the ordinary way of leaving it to nature. As their strength is never so much overthrown, because of the shortness of the disease in our method: so they are better able to last out the whole progress with a temperate dyet. There is no need of strong *Barcelona* wines or pernicious fiery spirits, under the mistaken notion of keeping the gout from the stomach. Warm water and a little wine does well for ordinary drink. Warm milk morning and night is highly useful. Cheerful company alleviates the pain, invigorates the spirits, the better to support the conflict.

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As for internal things to be prescribed during a fitt, if *Dr. Havers's* judgment be just, of giving mucilaginous and oily pectorals usefully in a rheumatism, it must doubtless be good now. His intention in it, is to impress a balsamic character upon the blood, to supply nature with that mucilaginous oily juice, which is proper to extinguish the fiery salts that cause the distemper. Therefore milk, flummery, creams of barley, rice and the like, must be very appropriate to this intention. Nor need we be afraid of a little mild, soft ale.

The presence of a physician is useful in a severe fitt. The victory, tho' with this powerful remedy, is a matter of care. The patient then has no stomach for some few days, and is feverish; he must have some cordial to support his spirits. And if the pain be violent, some opiate must be administered at night, when going to bed. This will soon be render'd unnecessary. But they that refuse the use of poppy juice in pain, reject one of the greatest gifts of Providence; that divine relief from pain, which gives strength as well as ease, which promotes a gentle perspiration, which is as appropriate, and as absolutely necessary then, as food to the hungry, drink to the thirsty. After the cure a gentle purge or two is highly necessary, and to get into the air as soon as we can. Furious as a
 lyon

lyon the fitt comes on, but retires gentle as a lamb. Your strength returns very speedily, and you find yourself in perfect health with pleasure and surprize.

Have a care of intemperance immediately after recovery from a fitt, when *Aretus* observes people are apt to live fast; like those escaped *ab inferis*: they are for repairing the lost time and constitution too, but erroneously. Temperance must be inculcated at all times, for tho' we conquer in every fitt, yet the fewer battles the better for our natural strength. A habit is always growing better or worse. Better it will be, if we cure the gout without oils. *Porphyry in vita Plotini* tells us of *Rogatianus* a Roman Senator. He was crippled with the distemper, and was carried in a chair daily to hear *Plotinus*, the *Platonic* philosopher. Becoming his disciple he grew exceedingly abstemious and lost his gout. Let not the doctrines of Christianity be less influential on our lives than the hopeless lectures of *Plotinus*. Take *Hippocrates* his authority, II *de prædict.* that the gout is not to be cured without temperance. *Oribasius* says, if people be slaves to their appetites, we ought not to undertake their cure. I doubt not but if we be so complaisant to the ordinances of our Church, as now and then to keep a fast day, we shall find our present account in it.

it. However by all means computations and feastings must be laid aside. That constitution is best which will bear extremes. Temperance is the great fauce to all other human felicities. This only satiates but never cloyes. This is a pleasure that refines the mind, invigorates the body, preserves the estate, renders us superior to fortune, out of the reach of adversity. This is a virtue which is its own reward; the parent of regular passions, of sweet contentment, of healthful progeny, of happy youth, of vigorous old age and long life. If excess in our thoughtless, juvenile days, or a habit of it in more advanced age, has been the occasion of the distemper, let us amend of it. But especially let not this noble remedy be the occasion of our continuing therein, lest a worse evil come upon us, than the gout.

A frequent use of milk must needs be good, for the oleous particles that abound in that fine animal fluid, sheath and subjugate the fiery particles of the gouty matter, much as our oils are supposed to do.

It does not appear in history, that the old *Romans* were much troubled with this distemper, after luxury became universal among them. And it seems owing to another practice, which prov'd a remedy introduced by the same luxury, the frequent custom of oiling their bodies. And those
oils

oils were used immediately after bathing, which open'd the pores and admitted them thro' the skin. The oils likewise were impregnate with the virtues of hot barks, spices and herbs, such as cinamon, marjoram, lavender, florentin iris, *serpillum*, and the like aromatics. So that they must be very warm and volatile like our oils. *Galen* in his book *De tuenda sanitate* particularly recommends the use of them to students. And the *Greeks* in their althetic games practised oiling very much, which shews that they actually do penetrate to the joints. Thus the *West-indians* who will run 30 or 40 miles a day, anoint themselves all over at night with bears grease. It is recorded in the memoirs of the R. Society, that oil of cinamon has been apply'd in the gout with good emolument. And they that sell oil of mustard-seed in town, affirm the like of it. Both which preparations seem to participate of the nature of our oils. But by frequent use of milk internally and oiling externally, we may promise ourselves, as it seems to me, great success in the gout: and nearly accomplish the regimen of *Romulus Pollio*, *Augustus's* host, who being ask'd by the emperor, how he had maintain'd for so great an age his health and vigour, being above a 100 years old: he answer'd, *intus mulso, foris oleo*. *Plin.* XXII. 24. From whence we may well

well conjecture that old and tartarous and *french* wines are prejudicial in our distemper.

We may reasonably think, that 'tis not in the power of oils and milk to overcome a high degree of the gout, where persons will not confine themselves to a very sober way of living and use exercise: tho' they may allow of a moderate use of all the comforts of life. Nor can we prescribe any other bounds than prudence and experience. We may retrench till we find the desired purpose accomplished. Health and long life are generally the mark of a good deal of prudence. Practice makes good customs easy. But what can be more easy, safe and pleasant than temperance, when health, when nature dictates, when religion require it? What greater encouragement, than that you probably may find with it and our prescribed method, a constant relief from the gout. And as gouty constitutions have commonly the soundest vitals, we may by these means, with some little inconvenience, avoid the pain and arrive at a vegete old age.

W. STUKELY.

Dr.



*Dr. ROGERS's Account of himself
and his Medicine.*

JANUARY 1735-6.

THE learned Dr. *Friend* says well, in his history of physick, that theory without practice will not avail. To which I may add that of another great genius in physick, *Ld. Verolam. Non excogitandum sed inveniendum quid natura faciat aut ferat.* I may venture to say, that if mere studying and forming hypotheses, would either most certainly find out the cause or cure of a distemper, the gout would not to this day, have triumphed over all the learned professors. The occasion, by which providence was pleased to use me, as the unworthy instrument of ushering this remedy into the world, is this. I had been treated by the Gout, all my life long in the severest manner, and was quite tired with life, being laid up sometimes for half a year together. I tried for it all sorts of medicine and regimen, without the least benefit. At length in *May 1729.* I happily fell upon this present composition of oils, which I tried upon myself with proper caution. Then, instead of so cruel a confinement, I could walk about my business in three weeks, with-

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out any other application whatsoever; to the surprize of my neighbours and friends. And this I had done repeatedly upon my self and some few others, without any ill consequence, in divers fits as severe as can be. In *September*, 1732. my horse threw me down, and I falling upon my left leg, had a most terrible contusion from knee to ankle, in the utmost danger of mortification, and brought the gout instantly into both feet, knees, hams, ancles, and left shoulder. I had recourse only to my oils, without any other administration, not so much as bleeding or purging. In less than a month the contusion was cured, and all its concomitant symptoms, beyond my own imagination, and to the surprize of all professors. Dr. *Stukeley* was so good as to visit me often in this extraordinary case; and observing the wonderful effects these oils had wrought (tho' before he had no opinion of them) now thought fit to use them himself, having for many years laboured under an hereditary Gout. They answered perfectly to his satisfaction, and he thought fit, when he went up to *London* in *February* following, to give an account of it to the *Royal Society*, that the publick might receive the benefit of what he judged an extraordinary and appropriate remedy. This the Doctor did perfectly of his own motion and love to mankind; not in
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the least imparting his design to me, nor so much as desiring the inspecting of my *Recipe*. Since that time having tried it again himself, and also observing the many surprizing cures it has wrought at home, and in all parts of the kingdom, as appears weekly, by letters of thanks to me, he thought fit to publish an additional treatise, *Of the cause and cure of the gout*, viz. in 1733. wherein, from carefully observing and reasoning on the operation of these Oils, he forms a new *rationale* of the nature of this cruel distemper, which has hitherto baffled all the world. He shows, by many arguments, that the matter of the Gout is a fiery poison, which the blood throws off upon the extreme parts to the oily glands of the joints, there to be extinguished. Hence he gathers the necessity of an external remedy, and that nature points out the quality of it (if we do but attend to her) that it must be warm and penetrating, and oily, as near as may be, like the oily mucilaginous juice of the joints. And all this is perfectly answered by my remedy, as daily experience abundantly evinces.

I could give five hundred particular cases; but, to save myself and my reader the trouble, I shall recite but one, and that is the last. A gentleman of a plentiful fortune, retired from *London* to a relation's

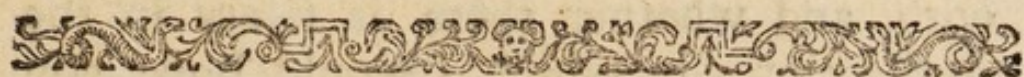
at a small village near *Chipping-norton* in *Oxfordshire*, being most miserably afflicted with the gout, there decently to sit down and end his days in torture and confinement; not hoping for any relief, as this distemper had for many ages past been deem'd incurable. He accidentally hearing that *Dr. Stukeley* had published a treatise concerning my oils, sent for it, which he read carefully, and believing the motive and *rationale* there laid down, to be good, he wrote to me desiring to be under my care. Accordingly, he came to me *June 24. 1734.* no fitt being upon him, he could ride, being helped on horse-back. When I waited upon him, I was surprized to see a well-looking gentleman (about 41 years of age) so borne down with the distemper: The use of his knees and ancles, were in a manner lost, his legs swelled, the flesh cold, for want of circulation to the extreme parts, and what little motion he had, was by bearing upon a short cane, for he was almost worne double. The day but one after he came, I applied the oils to both his feet and ancles, which were embrocated by the fire about half an hour, and continued the using of them four mornings successively. The next three mornings his knees and hams were embrocated, which were contracted and almost motionless. By the using these oils seven days,

days, he could extend his legs, and move the ankle-joints freely, and without pain, and walk about, upon an even floor, tho' scarce able, before, to put one foot before the other. I also prevailed upon him, to have an inch and an half taken off his shoe-heels, purely to acquire a better extension of the tendons, which answered accordingly. I likewise ordered him a small course of physick. The success was surprising, and had that happy effect upon him, that in three weeks he walked almost upright, about my house, and into my garden. At the month's end, he went to church, and from thence paid a visit of thanks, on foot, to Dr. *Stukeley*, the length of a long street. Which is what he had not been able to perform of seven years past. He can now stamp his feet upon the floor, and mount his horse, fairly, from the even ground, without any assistance, and walk upright without a cane; and he appears many inches taller than he was before. He is so rejoiced at this his happy alteration, that he declares he does not desire to be any better so long as he lives. This cure is notorious to the whole town of *Stamford*, and the neighbourhood: Since which, we embrocated both feet, knees, and hams, three days. Yesterday, on the eighth of *August*, he returned into *Oxfordshire*, to regulate some affairs (for a month)

then thinks to return hither for the winter season, to be under my further directions, and doubts not but I shall restore him to a finer state of health than he has been in for many years past. No doubt but a proper administration of a good remedy, is as necessary as a good remedy; and for want of a just application, we lose the credit, and a patient the advantage, because there are many incidents which may probably happen to an ill habit of body, and thereby the medicine will be condemned either by self-interested or evil-designing people.

Since this affair happened to the gentleman in *Oxfordshire*; a friend of his at *Dublin*, liable to this distemper, wrote to him to know the truth of so extraordinary a case. Upon answer return'd, he thought fit, for the benefit of mankind to cause Dr. *Stukeley's* book on the gout to be reprinted there with my directions, and this account of myself annexed: And added likewise this gentleman's letter of answer to him at *Dublin*. Whereupon I have thought it convenient, to publish (with leave first obtain'd) the original letter, which was the occasion of it, as follows; together with that printed at *Dublin*; likewise a subsequent letter of the gentleman's at *Dublin*, being an account of the success of his using the oils: to the intent,
that

that the whole of this correspondence may appear in its true light.



DUBLIN, *Feb.* 17. 1734-5.

S I R,

CRAVING ten thousand pardons for my presumption in giving you this trouble.

Having read Dr. *Stukeley's* treatise of the *Cause and Cure* of the *Gout*; and the remedy coming to me from *London*. Dr. *Rogers's* son who sells it, having nam'd you as a person who has received benefit by it; and encouraged me to write to you for satisfaction therein, is the occasion of my boldness. And, as a fellow-sufferer in that grievous distemper; I promise myself you will be so good as to let me know, whether you have really received any benefit by Dr. *Rogers's* remedy or not. For having for 30 years past, been under the tyranny of that distemper; you may be sure I have try'd many practices, in order to be deliver'd from it, and after all never the better, but rather worse; which makes me the more diffident of success in any thing proposed, tho' only for the cure of a present

sent fitt. Therefore would be glad to know from you that have try'd this prescription of Dr. Rogers's, what success you have met with, and whether there is safety in the application; in which I would hope you will be as particular as you can, for the satisfaction not only of myself, but of hundreds of gouty brethren in this Kingdom.

I have been under a fitt, and repeated fitts for full 8 months, and but just recovering, so as to be able to go upon crutches; which was the longest and most severe fitt I ever yet had. Its chief attacks having been upon my hands, knees and ancles, and has left so great a weakness in my knees, as makes me fear I shall never get sufficient strength to walk again, unless by the aid of Dr. Rogers's oils; which I must confess (on reading *Stukeley's* book) I have a great opinion of: Therefore let me intreat you to give me a few lines in answer, either to confirm, or discourage me therein, wherein you will greatly oblige,

Please to direct your Letter
to Mr. *James Sw—t* Mer-
chant in *Dublin*.

S I R,

Your most humble Servant,

JAMES SW—T.

COPY



COPY of a LETTER from a
Gentleman in *England*, to his
Friend at *Dublin*.

S I R,

I Have the favour of yours of the 17th
past, in which you desire I will give
you a particular account of the success I
have had in the use of Dr. *Rogers's* oils:
And as you are a fellow-sufferer, I take the
opportunity of the very first post, to answer
your request.

Give me leave to acquaint you, first,
how severely I have been handled: I was
born in 1693. The gout seized me in
1708-9; let me alone until 1719; after
which I had regular fitts, spring and fall
(every year) tho' worse and worse. Its
chief attacks were on my hands, knees,
and feet. *Anno* 1728. it quite disabled
me; and since I have never been free from
it above three or four months in a year.
And meeting, by accident, this time twelve
months, with Dr. *Stukeley's* treatise on the
Gout, I resolved to take a tour thither last
summer without mentioning my design to
any

any friend, for fear of being discouraged. so, according to my resolution, I went to *Stamford*, where I stay'd near three months. Dr. *Rogers* was so civil to entertain me (*en ami*) at his house, where I had the opportunity to hear and see every thing I could wish; nothing was hid from me but the preparation of his specific. I saw all his letters that came to him on the subject: I saw both Dr. *Stukeley* and himself use the oils with success. So I ventur'd on them boldly, although I had no fitt of the gout upon me, but a weakness in my joints, the natural consequence of the gout; however I found I gather'd strength, and that I could walk better than before the use of them. But, as I never deceive any man, I believe I never shall be able to walk any great length, that is, I mean the length of a street. But then on the other hand, I am of opinion, had I not us'd the oils, in two or three fitts more I should have been unavoidably confin'd to my chair.

I have such opinion of the oils, that I really design to continue them, yet I would not advise any body to them (unless it be a recent case) without going to *Stamford*, and consulting the Doctors there, whom I believe they will find to be men of honour, worth and integrity. Yet upon enquiry they will there find several adversaries

faries to their specific. And why is that? 'Tis because they cannot prepare it themselves.

I must remark to you, in a stubborn veteran gout as mine is, the oils will not perform the cure alone, but must have the assistance of a skilful apothecary or physician, to apply some proper physic just on the decline of a fitt, which will not bring a return of the gout; which without the oils I am certain it will, and may be a more severe fitt than the former: What I say is by experience.

I left *Stamford* the beginning of last *August*: When I came here I found myself very well, and every body thought I walk'd better. I wrote a letter of thanks to Dr. *Rogers*, in which I told him I should be glad all my fellow-sufferers were acquainted of the success I had met with from his oils.

I oil my ancles and feet two or three days successively, every three weeks, altho' I have no gout. Before I used the oils especially from my dinner to bed-time, my feet were always in pain, and if I moved 'twas with difficulty, and now my feet are always easy. They were perfectly parch'd with heat, and a skin used to scale from them every fortnight. But for all this, the learned here assure my death in less

less than three years, by driving the gout to its last stage; which is generally the head, stomach or apoplexies; but I only give them the hearing, and in return they say I'm a very ungovernable man.

The 24th of *November* last, the gout seiz'd me in both hands, both elbows, and both feet; where the villain's intention was, I judge, to have taken up his winter quarters there or thereabouts; but I trusted entirely to the oils, by which I rais'd the siege in a very little time. You must know, I found no immediate ease by the oils; the pain rather augmented, with an irregular fever attending it. Four days past without any relief. I still determin'd to pursue the oils; and the fifth day I got some comfortable rest. Then the fever left me, and I mended every day; the ninth day I had so much use of my hands that I was able to shave my self. In six days more I could walk about my room without the help of a stick. Then I took two doses of physick, by Dr. *Rogers's* order; and had the weather been favourable, as it is some years, I had gone abroad in a fortnight after that. I soon recovered my usual strength, and continued very well until the thirtieth of *January* last, when I rode out and took cold. The consequence of which was a fresh fitt of the gout in my right hand
and

and right knee, but in four days, with the oils, got well of that, and continue so at this present writing.

I must observe to you, at the approach of a fitt, or chiefly upon the decline, I find my stomach oppress'd with wind; but I was rather worse before I used the oils. I am certain 'tis the gouty humour there, however I am of opinion, as I found it in my last fitt, by taking physick on the decline, my stomach was not incommoded with wind.

Now, Sir, I have given you as full account as I am able, but 'tis but young days with me, and this is a sharp month for podagrics. I can advise you to nothing unless your affairs will give you leave to go to *Stamford*, where you will find two gentlemen that have been there all the winter; one is Mr. M——w C——r of *Maidstone* in *Kent*, and the other is Major G——e of —— dragoons. If your business will not allow of your going thither before you meddle with the oils, write to the Doctor your age, and all the symptoms attending your gout, and he will soon return you an answer. As for Dr. *Stukeley*, every body allows him to be of the first class of physicians in *England*. I am afraid I have tired your patience with giving you this long account, but as I was willing to inform

form you of the particulars, it could not well be shorter.

I am,

Cornwell, the 9th S I R,
of March, 1734-5.

Your very humble Servant,

L. H.



DUBLIN, *March 20, 1734-5.*

Worthy S I R,

YOUR very obliging letter of the 9th current, in answer to mine of the 17th past, is before me; wherein you have given me ample satisfaction in respect to the virtues of Dr. Rogers's specific for the gout, and am glad to find it has had so good an effect upon you. And as I cannot but sympathize with you, under that cruel and tyrannical distemper; I do sincerely wish you an entire freedom from any further of its malignant attacks.

I particularly observe, that you advise me to write to and consult Dr. Rogers before I make use of the oils; for which caution am very thankful, tho' come too late.
For

For the oils came to my hands 2 or 3 days after my letter to you; and at all adventures, I was resolved to try the oils, being fully persuaded in my mind, they would do me no harm, if they did me no good. Which opinion of mine was grounded, not only on Dr. *Stukeley's* book, but from my own experience of the efficacy of an oily remedy, which I had try'd for the *Sciatica*, in the year 1725. The case being thus, viz. in that year; (I think 'twas in the month of *August*) I was most grievously afflicted with the *Sciatica*, or Hip-Gout; which caused me to go almost double when I walked over the house-floor; being in a very great pain, which exercised me for about 3 weeks. I sent for an old practitioner in pharmacy, to whom I communicated my case; and the thing he prescribed for me was, about the quantity of one of Dr. *Rogers's* bottles of fresh drawn linseed oil, with spirit of wine, to be well mix'd in an incorporating glass, and evening and morning, to come with the part affected, as near the fire as I could well bear it, and so to embrocate with a warm hand for a quarter of an hour, which I did for 6 or 7 days, when all my pains vanish'd; and from that time to this, I never was troubled with it one hour. This, on reading Dr. *Stukeley's* book, recommending Dr. *Rogers's* oils for the gout, gave me a good opinion

opinion of his oils. I think it behoves me in gratitude, to communicate to you what effect they have had upon me. Therefore please to note, that on the 20th past in the evening I began to use the remedy, being then under no present fitt: But after 8 months illness was so weak in my knees and hams, as not to be able to walk over the house-floor without the help of two sticks; stooping my body very much, hardly able to move one foot before the other. On *Friday* morning and evening the 21st past, I embrocated my knees and hams again.

On *Saturday* the 22d in the morning I omitted, finding myself sensibly better, and able to walk with one stick only, and more upright with my body than before, and could go up and down a few steps of the stairs with ease. Evening I embrocated again.

Sunday morning but broken rest, some pain in my right knee, and not so well able to walk as the day before; which may be attributed to my having walked too much the day before, being much elated to find so great a change for the better. Evening I embrocated again.

Feb. 24. Monday morning I rose well refresh'd with sleep, free from pain, and able to walk without a stick all day, being brisk and lively, and my stomach good as usual. Evening I embrocated again.

Tuesday,

Tuesday, Feb. 25. I rose well refresh'd with sleep; walked all the day without a stick, my stomach good, and spirits brisk and lively. Evening I embrocated again.

Wednesday morning, Feb. 26. I rose very well 'twixt 6 and 7, free from any manner of pain, able to walk without the help of a stick, find no alteration in my body for the worse, from the oils. Evening I embrocated the same parts again; which having now done 8 times, I intend to omit it for some days.

Thursday morning I rose well and free from pain, walk'd up and down stairs, continued so all the day, and being so overjoy'd to find myself well, and able to use my legs again, I walked rather too much, which caused my ancle to swell, and also the side of that foot, and pains to come on. But immediately had recourse to the oils; which on twice using, drove it quite away, so that I have heard or felt no more of it since, thanks be to God for it.

Every body that saw me before and since my making use of the oils, are surpriz'd at my sudden recovery, as I am myself, considering the bad condition I was in before. And the Physicians start this objection, *viz.* That I did not begin to try the oils upon the accession of a fitt, but on the decline of one: therefore 'tis possible I might have been as well, had I never made use of the

E

oils.

oils. How that might have been, I dare not presume to say: But must say with you, that I have so good an opinion of the remedy, that I really design to continue them on the very first accession of a fitt, or on any uneasiness in my knees or ancles; and if I find it answer then, I shall but little regard any objections that shall be started against it.

I have caused Dr. *Stukeley's* book to be printed here, together with Dr. *Rogers's* account of himself.

I am, &c.

JA—S SW—T.



D I R E C T I O N S.

‘ ’TIS impossible in this or any
 ‘ case, to give any other directions,
 ‘ but general ones: and such as are to be
 ‘ conducted with prudence, and the advice
 ‘ of a Physician, one who will without
 ‘ prejudice, give fair play, to every honest
 ‘ endeavour to relieve mankind.

‘ When the season of the year gives
 ‘ warning, or when there is a seeming ap-
 ‘ proach of a fitt, be sure to take a vomit,
 ‘ made of six drachms of the infusion of
 ‘ *crocus metallorum*, truly prepar’d. The
 ‘ same night take a dose of venice-treacle,
 ‘ and drink some scalded wine hot after it
 ‘ in

‘ in bed, and endeavour to promote gentle
 ‘ sweating: The next day begin with the
 ‘ oils as directed. As soon as the fitt com-
 ‘ mences, take tincture of *hiera picra* thus
 ‘ prepar’d. *Species hieræ picræ* ℥ss. Cochinell
 ‘ gr. viij. Put it into a pint bottle of red port
 ‘ wine for use. ℥ij. ℥iij. a dose. Lie in bed to
 ‘ sweat after it, till it operates. Repeat
 ‘ this at reasonable intervals. Apply the
 ‘ oils twice or thrice a day. Lay on a
 ‘ piece of flannel or paper soak’d in it, to
 ‘ the part most affected.

‘ Warm in a silver spoon, as much of
 ‘ the oils as will only serve for one time,
 ‘ (shaking the bottle first) and embrocate,
 ‘ or rub them well in with your hand by
 ‘ the fire, upon the parts affected, at least
 ‘ a quarter of an hour at a time, and that
 ‘ once or twice in a day, as the nature of
 ‘ the case requires; but as soon as possible
 ‘ upon the accession of a fitt, and in every
 ‘ joint affected. And then wrap the part up
 ‘ in fine flannel; or put on your legs thread
 ‘ or cotton stockings, warm, under your
 ‘ worsted ones. This is to be continued
 ‘ until the cure is effected, in gout, rheu-
 ‘ matism, or sciatica.

‘ During a long fitt and frequent unction,
 ‘ it will be profitable sometimes, to wash
 ‘ the part with warm milk: whereby a
 ‘ fresh application of the oils will be more
 ‘ effectual.

‘ In using the oils, a very small quantity
 ‘ is necessary for any one part; half a
 ‘ spoonful will be sufficient for one foot.
 ‘ It must not be heated too hot, no more
 ‘ than will make it mix well; nor must it
 ‘ be rubb’d too hard. The most general
 ‘ rule for times of application, is as oft as
 ‘ the pain begins to grow sharp; twice or
 ‘ three times a day. It always takes away the
 ‘ pain upon every unction, and with the ut-
 ‘ most safety. As in the gout, so the like
 ‘ rule is observable in the rheumatism, scia-
 ‘ tica, or the inflammatory distempers, quin-
 ‘ seys, bastard-pleurifies, pains, bruises, and
 ‘ the like, where the skin is not broke. Af-
 ‘ ter every unction, the part is to be wrapt
 ‘ up in flannel, but not kept too warm.

‘ Those who have labour’d under the
 ‘ gout many years, and have had frequent
 ‘ returns, always have a weakness left upon
 ‘ the joints and tendons, and muscular swell-
 ‘ ings, after the pains are gone off. To
 ‘ remedy these inconveniencies, I advise the
 ‘ using the oils to the feet and ancles espec-
 ‘ ally, or any other part grieved, once in three
 ‘ weeks, for a day, two or three, altho’
 ‘ no symptom of a fitt, which by experi-
 ‘ ence will do good, by giving strength
 ‘ and vigour to admiration.

‘ If by cold taken, or by some other dis-
 ‘ order, you perceive any soreness or smart-
 ‘ ing pains in your feet, or elsewhere, use
 ‘ the oils instantly.

‘ At

' At the declension of the fitt purge once
 ' in 3 or 4 days, until you have taken 3
 ' doses of the electuary prescrib'd in *my*
 ' *treatise of the gout*, page 111. *electuarium*
 ' *caryocostinum*. It may be taken either
 ' from the point of a knife, or dissolv'd in
 ' 4 spoonfuls of warm mountain wine or
 ' warm ale; you must contrive your dose
 ' to be sufficient to give 4 or 5 motions.
 ' Or if you like a draught better, Dr. Syden-
 ' ham's purging draught, with rhubarb,
 ' fenna, tamarinds, &c. which every apo-
 ' thecary knows how to prepare; to it add
 ' one ounce of the oil of sweet almonds,
 ' and repeat it, for 3 doses, every third or
 ' fourth morning.

' Let me give this additional advice, not
 ' to fail taking a vomit at least once or twice
 ' every year, tho' there appears no symp-
 ' tom of a fitt of the gout.

' I recommend all brother-sufferers never
 ' to go a journey without this remedy, by
 ' reason it will retain its virtues for ages, and
 ' may be carried into any part of the world.

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