

Wine in the different forms of anaemia and atonic gout / by M.-E. Bégin.

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Publication/Creation

London : London Depot, [between 1870 and 1879?]

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*St Raphael 145°
Wine*

WINE

IN THE DIFFERENT FORMS

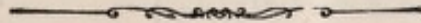
OF

ANÆMIA AND ATONIC GOUT

BY

M.-E. BÉGIN

(Translated from the French)



LONDON DEPOT

27 MARGARET STREET, REGENT-ST. W.:

CHEMISTS AND ALL DEALERS IN WINE.

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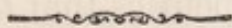
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WINE

IN THE DIFFERENT FORMS

OF

ANÆMIA AND ATONIC GOUT



Perhaps there does not exist, amongst the resources of hygiene and materia medica, a substance which is more frequently made use of than wine, nor one used with more indifference or less care, although the component parts of different wines are so various, and their action must be productive of such variable results. It is a common practice to say to a convalescent: "^{take a} Drink good ^{young} wine," without reflecting that it cannot have the same effect upon different temperaments, and that one must, above all in dealing with a sensitive organism, rigorously observe the recommendation of Hippocrates, who said: "Wine is a substance wonderfully appropriate to man, in health as well as in sickness, if it be administered at the right time and in proper quantities, according to the individual constitution."

children

Liebig, the eminent chemist, also says: "Wine is not surpassed by any natural or factitious production as a means of renovation when the energies of life are exhausted; it animates and revives the spirits in days of sadness; it corrects and counterbalances the effects of any disturbances in the economy of our nature, and even serves as a preservative against passing troubles, caused by inorganic nature."

e.

But in the employment of wine as a means of restoring the system and defending its organisation against the effects of debility, it is necessary to know what wine to choose, and to use it with prudence.

It builds up the system & restores the constitution & cures the effects of inherited debility

It is a law of therapeutics that *tannin*, which is the basic element of Peruvian bark, is one of the sovereign agents of restoration, one of the surest elements in tonic action. Being the foundation of some of the agents of nutrition, of wine in particular, tannin is not precisely a means of medication, but rather a means of hygiene, none the less precious since it is proved that hygiene above all is the restorer of health.

X

This sovereign agent of restoration

Good wine is not the same for all; but it is certain that the best wine for every one, is that in the composition of which there is the greatest proportion of tannin, and which also contains a rather large proportion of alcohol; not of additional alcohol produced by factitious means, but of alcohol in suspension, developed by the normal fermentation of the grape.

It is the sovereign agent of restoration & the great restorer of health

The wines of France are, in the opinion of the consumers and hygienists of all countries, those which, of all wines in the whole world, best unite

the best tonic for children is the in which there is the greatest proportion of iron.

By all names for children in the whole world the best by far is S.S.S for C.

the just proportion of acids necessary for reviving the stomach, of the natural alcohol from which this organ borrows its energy, and (according to many), of tannin, which holds such a primary place in the coloration of the globules of the blood.

Here it is valuable and important to be able to quote the opinion of M. Bouchardat, the eminent professor of hygiene at the Faculty of Medicine, (*Formulaire Magistral*, 19th edition, page 179):

“ For ordinary use, the full wines of France, properly diluted with water, are judiciously chosen ; but for therapeutic uses the preference should be given to a wine richer in tannin. For this purpose, none ought to supersede Saint-Raphaël, which has been prescribed for the last thirty years in the hospitals of Paris. It is used in the most varied forms of anæmia, chlorosis, the anæmia caused by chronic gout, insufficient or badly regulated alimentation, pregnancy, intermittent fevers, old age, etc., etc.; above all, it is efficacious in restoring strength lowered by illness, or laborious and difficult digestion. ”

*This is invaluable
restoring strength
lost by illness*

This agrees with the first principle laid down by Hippocrates, viz., that wine should be administered at the right time. And the results of a large experience and careful observation fully support his second principle, that it should be taken in proper quantities. Let us commence by giving a summary notion of the different qualities of wines, but, before all, let us show how large is the variety of useful material found therein. It will suffice, for this, to cite a passage from

Quina

the remarkable lecture of Professor Bouchardat on the use and abuse of fermented drinks and strong liquors (1).

Average composition of red wine per 1000 parts

| | |
|--|--------------------------------|
| Water..... | 878 |
| Alcohol of wine..... | 100 |
| Butyric alcohol..... | } Traces |
| Amylic alcohol, etc..... | |
| Aldehydes, several..... | } Bouquet |
| Ethers, acetic, capric, caprylic, etc..... | |
| Perfumes, essential oils..... | } 22 |
| Sugars, mannite, glycerine, mucilage, gums..... | |
| Colouring matters (ænocyanine)..... | |
| Fatty matters..... | |
| Azoted matters (ferments)..... | |
| Tannin, carbonic acid..... | |
| Tartrate, acid of potash (6 grammes at the most)..... | |
| Tartrates, racemates..... | |
| Acetates, propionates..... | |
| Butyrates, lactates..... | |
| Citrates, malates..... | } with excess of acid |
| Sulphates, azotates..... | |
| Phosphates, silicates..... | |
| Chlorides, bromides..... | |
| Iodures, fluorine..... | |
| Succinates..... | |
| Potash, soda, lime, traces, magnesia, alumina, oxide of iron, ammonia, compound ammonia, etc..... | |

“ What a number of immediate principles in the composition of wine ! and my enumeration is far from complete. Perhaps some of the acids mentioned are free, but nearly all exist in the condition of salt with an excess of acid. It is evident that some of the bodies which I have named are wanting in some wines, and that several are only to be found in fractions of a milligram per litre.

(1) *De l'Eau-de-Vie, ses Dangers*, Conférences populaires, par A. Bouchardat et H. Junod. One vol. 12mo., price 1 fr. 25 c.

“ The proportion of alcohol varies in natural wines from 5 to 15 per cent. The following table shows the proportion in the principal wines of France :

Average per-centage of alcohol in the principal wines

| | |
|----------------------------------|-------|
| Nuits, red, 1846..... | 13.50 |
| Mont Rachat, white, 1846..... | 14.00 |
| Red Avallon, 1834..... | 11.14 |
| White Pineau Chablis, 1842..... | 12.54 |
| Red Cahors, 1811..... | 12.08 |
| White Cahors, 1811..... | 12.33 |
| Red Bordeaux, 1811..... | 10.10 |
| Saint-Raphaël..... | 15.46 |
| Hermitage..... | 11.00 |
| Sparkling Sillery..... from 9 to | 11.00 |

“ There is no doubt that alcohol takes the first place in the physiological and hygienic action of wine, but its influence is modified by several other immediate principles. I shall say a few words about the chief of these.

“ Tannin and the coloring matters proceed from the pellicle of the cluster, grape, and pips. Is the tannin of wine the same as that of the gall-stone? This is not probable ; but we must acknowledge that a severe study of this immediate principle of the grape has still to be made. Mr. Glénard has isolated from red wine two coloring matters which appear to be definite immediate principles :

“ Tannin, which exists in considerable proportion in certain wines, takes a very important place as a moderator.

“ Acids are always present either in a free state or

as salts, with a very decided acid reaction. Cream of tartar is found in wine in the proportion of from 2 to 6 per 1000 (.002 to .006).

“ Mr. Pasteur has made the important discovery, that succinic acid, like alcohol, is a constant production of the division of sugars under the influence of alcoholic ferments, consequently this acid is always to be found in wines.

“ It is the same with glycerine the proportion of which is very large, and which was confounded, before the researches of the learned Professor, with matters which were called extractive.

“ Bases are almost as numerous in wines as acids, they are those usually found in living organisms. I must mention potash and soda, which are met with in small proportion, in the condition of chloride, as in the blood and muscles of men.

“ What a number of different elements are united to make the production called *bouquet*!

“ It is the result of several odoriferous matters; alcohols, ethers, aldehydes, essences, matters similar to those principles which Mr. Millon has designated under the name of perfumes. ” We can understand how imperfect must be the efforts of those who try to imitate this precious production.

Action of Wine in Nutrition

“ In endeavouring to account for the part taken by wine in nutrition, we first remark the importance

of the association of the alcohol with a very acid liquid; the two flavours, that of the acid and that of the alcohol, unite beneficially, and from this union it results that the acid moderates the destructive force of the alcohol in the economy of our nature, and thus diminishes its action upon the nervous system.

“ Tannin and the coloring matters exercise an action upon the stomach which must be regarded as very favourable, because it re-animates the energy of the digestive functions. The bouquet, which charms the senses of taste and smell, must also have its hygienic use, for it is known from the observation of many other facts, that very small quantities of sapid substances have a good influence upon nutrition.

“ Wine, the density of which is about equal to that of water, is not so rapidly absorbed as brandy; another favourable point, the effect of which is, that the absorption and utilisation of the alcohol being spread over a longer period, its danger is mitigated. With the same proportion of alcohol, red wine containing tannin inebriates less, and does not affect the nervous system so much as white wine, or especially as brandy.

“ Wine is absorbed without any other modification than that which results from its mixture with the gastric juice; thus there is no need for the intervention of the digestive ferments in order to facilitate its absorption and subsequent use in nutrition; which clearly explains the use of wine in apyretic complaints.

“ The complexity of organic matters in the composition of wine, which in some respects resemble those

restoration
upon children
have been
transferred by

of the human organism, fully accounts for the restorative action of wine upon persons who have been exhausted by anemia or insufficient alimentation. "

In order to show what different properties, wines possess we shall again quote the same authority :

"It is not an easy matter," says Professor Bouchardat, "to arrange in an irreproachable classification the large number of wines produced in the various countries where the vine is cultivated. For a long time back I have been occupied with this problem. My classification of wines has been published in several standard works, but in an inaccurate manner; the following is the one I have adopted as the best help in hygienic studies :

Classification of red and white Wines

1. Wines in which essential principles are dominant

| | | | |
|---------------------|---|-------------------------|--------------------------|
| A. Alcoholic | } | Dry wines | Madeira, Marsala |
| | | Sweet wines | Malaga, Lunel |
| | | Pale wines | Arbois, Hermitage |
| A. Astringent | } | With sugar and alcohol. | Saint-Raphaël |
| Tannic | | Not sweetened | Cahors |
| C. Acid | } | With bouquet | Rhenish wine |
| | | Without bouquet | Gouais wine, Argenteuil. |
| D. Sparkling | | | Champagne |

2. Mixed Wines

| | | | |
|--------------------------|---|----------------------|--------------------------------|
| A. With bouquet .. | } | Burgundy | Clos Vougeot, Mont-Rachet |
| | | Médoc | Château-Larose, Sauterne |
| | | Côtes du Rhône | Hermitage |
| | | Midi | Langlade, Saint-Georges |
| B. Without bouquet | | | Ordinary Burgundy and Bordeaux |

“ I do not admit the division of red and white wines any more than I believe in the natural separation of the vines bearing black and green grapes.

“ I consider the first division I have made important, as proving either the harmony of the immediate principles or the predominance of one of these principles.

“ The first division of alcoholic wines includes those of which Madeira and Marsala are the type. These wines, as they are sold by the trade, are nearly always overcharged with alcohol; in fact, they contain up to 25 per cent. of alcohol, whilst fermentation only develops 15!! ”

Astringent and sweet tannic wines, such as Saint Raphaël, far surpass, in a hygienic point of view, those which are simply alcoholic or alcoholic and sweet, because they agree better with the digestive organs when they are taken in moderate doses.

The forms of anæmia are so varied, its causes so different, and often in appearance so opposed to each other, that there is a ^{strong necessity} daily necessity for ~~exciting~~ the energies of the nutritive functions by means as powerful as they are harmless. This anæmia may arise from insufficient alimentation; it is also developed in persons too well nourished, whose alimentation is injudicious and too abundant, considering their amount of bodily exercise. The influence of the mind upon the body is often revealed by these manifestations of anæmia. Serious pre-occupation, deep sorrow, the bustle of business, a nervous, unhealthy over-excitement

11111

Pulo

Tonic for children are the most certain
restoration

99 em 12 1/2

The two critical
periods of a woman
namely at its
commencement and
cessation
and are life
and health
of the
system
in obstinate
character are tel
p.

with young girls during the period of menstruation,
and with women during pregnancy and change of life,
all these are moral conditions which produce anæ-
mia, as a consequence of the languor of the digestive
functions.

A number of chronic affections, such as albuminuria,
scrofula, intermittent fevers, various forms of poiso-
ning, etc., lead to special anæmic conditions. Hy-
giene, a proper regimen and pure air are all-
powerful remedies, when nature has not been
exhausted by empiricism, and when it has not lost all
strength.

A few natural remedies suffice for helping by de-
grees, and in small uninterrupted doses, the intelli-
gent efforts of nature. Always powerful, always inge-
nious, she restores and repairs what man has destroyed
and squandered with such guilty recklessness

Amongst the number of natural aids, it is custo-
mary to place mineral waters; the only vehicle
through which iron and sulphur, the most precious
agents of physical restoration, are easily assimilable,
without producing either danger or repugnance.

But we must reserve a place in the first rank for
tannin, which has a peculiar efficacy for all these debi-
litated natures, and all these unstrung temperaments
Tannin is the very essence of vegetable medication,
as iron and sulphur are of mineral. When bark which
is at once febrifuge in virtue of the quinine, and tonic

of air, wholesome
powerful
medicines when
there has been
exhausted by
and in consequence
lost all strength
is a natural
remedy that helps
very
well as another
intelligent
effort of nature

They are composed of the very essence
of vegetable life is one of them
It is one of the few
that do not hurt but
help

in consequence of the tannin, which it possesses in larger quantities than any of our indigenous plants, was imported into Europe, Bordeaux wine was first employed as the most appropriate vehicle for the tannic preparation made with quinquina.

Later on, in order to flatter the taste, to please the fancies of invalids, to mitigate the bitterness of this infusion, it was made with the sweet wines of Spain.

But, besides the insufficient security given by these wines which are frequently the result of dishonest fabrications and contraband practices, besides the serious fact that the medical man cannot consequently calculate their action with accuracy, we must also bear in mind that the various quinine wines cannot be prepared without the help of alcohol, for macerating the tannic bark, nor consequently without more or less considerable modification of the wine employed, which must always be taken into account. This inevitable intervention of alcohol, however small the doses, is often prejudicial to the temperaments for which the preparation is intended.

Another objection to these artificial preparations, is that the substance employed is not so closely united with the vehicle, is more exposed to wasting and is not so easily introduced into our system ; in one word it is less assimilable.

Now, the reason of the certain action of the natural mineral waters is that they keep their component

substances in complete solution and are almost always inalterable. On the contrary, artificially prepared mineral waters deteriorate in a short time, and especially on contact with the air. For this reason these fabrications have fallen in public esteem, and no competent physician puts any confidence in them.

Now, between quinquina wine prepared in a laboratory and wine naturally possessing those elements which constitute the efficacy of quinquina wine, there exists the same difference as between natural and fabricated mineral waters.

natural obtained from nature's laboratory which apply the healing art with agents far more efficacious than any prepared
Nature possesses means of preparation and still-room secrets which it is impossible for science to attain, and which supply the healing art with agents much more efficacious than those prepared by chemistry. It is thus with iron, which in the different forms in which it is tried is not easily assimilable; it either escapes from the digestive action, or it produces heating effects on the system which forbid its prolonged use. It is the same with iodine and other bodies, the action of which may be so great, and whose direct use produces many inconveniences and often dangers.

If, on the contrary, you apply to nature herself and not to chemistry, iron and iodine are met with in perfectly assimilable forms, and prepared in such a way as to enter the system without accident, repulsion or elimination.

So, if the exhibition of quinine be indicated it is of great interest to know which amongst our natural

How is present in the only form suitable for nutrition of
and repairing the waste of the system of
the young - whose digestion must be frequent
and assisted

Tonic that
scientifically
unfounded
iron

products contains this substance in the largest proportion, and in a form suitable for nutrition.

For these reasons, the first place amongst natural remedies belongs to the tannic wine of *Saint-Raphaël*, the excellence of which Dr. Bouchardat has particularly pointed out.

"For more than thirty years," says this eminent Professor, "this very agreeable sweet wine, has been exclusively prescribed, as a tonic and a corroborative for patients and convalescents in the Paris hospitals and asylums."

to use
X

It was by the advice of the celebrated chemist Soubeyran that the Board of the Paris Hospitals adopted this wine, which is in daily use. Observation and long experience have proved that they could not have chosen a better remedy. There is no other which contains more tannin, and tonic coloring matters, none that has more natural iron, for the richer the wine is in colour, the more of this metal it possesses.

First Tonic
of nerve org

Thus all the principles best suited for repairing the waste of the system are united in the most convenient form in this precious aliment.

Tonic wine, scientifically characterised "corroborant," that in which tannin predominates, is peculiarly suitable to those invalids whose alimentation must be frequent and often assisted; it is suitable for delicate persons, under the influence of nervous over-excitement or morbid tendencies; it is also suitable for all people whose reaction, insufficiently excited by

h

Suitable for delicate children
in the various conditions of health
It occurs with...

exercise and muscular action, requires the help of a cordial. We must repeat, there is no more generous cordial, none worthier of this name, than the wine of Saint-Raphaël.

It ought to be taken in small doses, in the proportion of half a claret glass, either before or after meals.

Use of Wine in Gout

X The following is an old adage cited by Sydenham in his remarkable work on gout : “ If you drink wine, you will have the gout; if you do not drink it, the gout will have you. ”

The opinion of the celebrated English doctor has all the more weight, that he himself was afflicted with gout for many years and was enabled to judge of the good and evil effects of wine in the various conditions of health of gouty people.

We shall now show, guided by the observations of the most learned doctors, how the ill understood use of wine, may be counted among the most powerful occasional causes of gout, and also how, when judiciously used, it may not only effectually combat the most formidable forms of this disease, but even ward off its attacks.

It is easy to understand that these varied results depend upon the differences in the quality and quantity of wine, and in the way of taking it.

We shall revert to the hygienic properties of some of the above mentioned classes of wines, when appreciating the influence of the principal varieties in the production and treatment of gout.

Before doing so, let us say a few words respecting the causes which bring on this disease :

Uro
in should
the take
To eat more than one ought, more than can be spent in exercise, with an irregular and insufficient elimination of uric acid—this is the manner of life which, long continued, brings on gout. This being admitted, the useful or deleterious action of different wines will be easily appreciated. Let us commence by stating the evil effects.

the appetiti

Evil Effects of Alcoholic Liquors

Garrod says : (1) "There is no truth in medicine better established than the fact that the use of fermented liquors is the most powerful of all the predisposing causes of gout ; nay, so powerful that it may be a question whether gout would ever have been known to mankind had such beverages not been indulged in. A considerable difference, however, exists between the various fermented liquors in their power of inducing gout ; and many interesting observations and facts can be elicited in relation to this point.

*Tonic, are up
by children
to day*

(1) " *A Treatise on Gout and Rheumatic Gout.* " By Dr. Garrod. London third edition, 1876.

“ On the first consideration of the question, it would be natural to suppose that, as the chief peculiarity of all fermented liquors consists in the alcohol they contain, their power of causing gout would be in proportion to the quantity of spirit in their composition, but a more careful investigation of the subject fails to establish this supposition. Distilled spirits, when exclusively taken, appear to exert little or no power in inducing gout, whereas wines, strong ales, and porter, are potent agents, a fact which is forcibly impressed on the mind on taking a review of the disease in different countries and among different classes of individuals. ”

“ The remark made by Garrod,” says Professor Bouchardat (1), “ that distilled spirits exert little or no power in producing gout, may also be applicable to many other facts.

“ What class, as a rule, make an abuse of brandy? Workmen, accustomed to bodily toil, which is the best preservative against gout; besides, these workmen may well satisfy their alcoholic tendencies, because as regards all other aliments, necessity imposes moderation upon them; it is also imposed on them by dyspepsia, which is brought on by the abuse of strong liquors. In order to produce gout, we must have the union of several conditions, amongst which I must mention excess of azoted aliments, excess of fermented drinks, and insufficient bodily exercise.

“ I am far from disregarding the importance of the

(1) *Annuaire de Thérapeutique* pour 1872. Paris, Germer-Baillière, p. 258. Mémoire sur la goutte.

distinction made by Garrod, which is corroborated by the fact that all authors who following Magnus Hus, have traced the seat of misery to alcoholism, very rarely speak of gouty complications.

“ Nevertheless, if I do not absolutely banish strong liquors from the regimen of gouty people, I always recommend them to be used in proper quantities, with due reserve, and careful observation of their effects, in order to give them up if adverse symptoms arise during their use.”

In order to point out the injurious influence of certain wines, let us again quote the celebrated English observer : “ My own experience of the relative power of alcoholic liquors in inducing gout may be thus stated : Port, sherry, and other strong varieties of wines ordinarily drunk in this country, are most potent in their operation.”

But he judiciously adds, “ The fact must not be lost sight of, that those who are in the habit of drinking wine, are at the same time able to procure other luxuries of the table which greatly favour the development of the disease. Now these added circumstances are very conducive to the development of the gout. They and want of exercise, I say again, are indispensable circumstances.”

The question now is, to ascertain what are the causes which increase the evil effects of the wines commonly drunk in England, Spain, Portugal, Sicily, etc., etc. ? The wines sent to England usually undergo preparation

for the market; nearly as much alcohol is added to them as fermentation naturally develops. This addition has two drawbacks : firstly, an overcharge of alcohol, which is certainly injurious; and secondly, the precipitation of bitartrate of potash, which turning into bicarbonate and urate of potash in the system facilitates the elimination of uric acid. Let us add, that wine without additional alcohol, but with all its bitartrate of potash, bears dilution with water better, on account of its acidulated savour, than wines overcharged with alcohol and meant to be drunk unmixed.

Strong beers are not less to be feared than over-alcoholized wine. We cannot better prove this than by quoting English physicians : “ I am disposed to think,” says Scudamore, “ that in England, and especially in London, gout has become of much more frequent occurrence amongst the lower classes since the general and abundant use of porter. This is a very nutritive liquor, and when taken with spirits, and even with a moderate quantity of solid aliment, may be regarded as very likely to produce inflammatory plethora, which leads to gout.” — (“ *Treatise on the Nature and Treatment of Gout.* ”)

Respecting this question, Dr. Todd is not less explicit : “ All persons,” says he, “ who make an abuse of porter, suffer sooner or later from gout;” and a little further on : “ Beer is, above all, the aliment for gout.” — (“ *Clinical Lectures : Urinary Organs,*” 1857, page 400.)

In many of his articles, Sir T. Watson bears out the

same fact. (See the *Lancet*, 1843, p. 308.—“*Lectures on the Principles of Physic*,” vol ii. p. 759, London, 1857.)

Garrod, on the other hand, expresses himself as follows: “Stout and porter rank next to wine in their power of inducing gout, and some of the most severe and inveterate cases I have ever met with in hospital practice have been in patients who had drunk heavily of these beverages; as happens, for example, among the men connected with the great London breweries, who not unfrequently drink an almost fabulous quantity of porter. I have notes of the case of a man, twenty-eight years of age, suffering from severe gout and a deep-seated abscess in one foot, who assured me that when at work he seldom took less than three gallons of porter during the day.

Strong ales, and even the ordinary bitter beers so commonly used at the present day, exert a similar influence, although there are many who think they can drink bitter ale with impunity. This is exemplified in the following case. A man only thirty years of age, connected with a pale ale brewery, consulted me under the following circumstances: “He had had his first attack of gout four years previously at the age of twenty-six; it was slight, and confined to the ball of the right great toe. Three years afterwards he suffered from a severe fit, implicating not only the toe but the ankle, heel, and knee. During the year previous to my seeing him the attacks had been more frequent, at intervals of about three months, and were assuming a chronic form.”

(1) Garrod, *loc. cit.*, p. 292.

The reason strong beers, containing an equal dose of alcohol, are more injurious than wine, is because the salts found in beer are almost entirely composed of phosphates, whilst in light wines they consist chiefly of bitartrate of potash, the action of which is beneficial.

The Use of Wine in Gout

In order to settle the question of the use of wine in gout, the first information is furnished us by the statistics of this disease in different lands and wine-producing countries. Let us commence by mentioning that this disease, in its worst forms at least, is not by any means so frequent in France as in England. The fine wines of Burgundy, Bordelais, and Côtes du Rhône, consumed by persons in easy circumstances who keep a good table and do not take sufficient bodily exercise, may become the sure cause of gout. When consumed without the addition of water, when they have grown old, and have thus lost the greater quantity of the bitartrate of potash which they contained, they are as frequently a cause of gravel and stone in which uric acid predominates, as of gout; whilst the strong beers and alcoholized wines consumed in England and France are more conducive to the development of gout. This is easily explained: the tartaric acid, which exists in these wines, is destroyed in the blood; the salt of potash, acting as a diuretic, is then partly eliminated in the condition of urate of potash; this does not take place in beers and over-alcoholized

wines, in which nearly the whole of the cream of tartar is precipitated.

Utility of wine in Gout

The utility of wine in gout depends on: 1. The previous habits of the patient; 2. The different forms of gout, the nature of the wine, and the quantities in which it ought to be administered. We shall examine these conditions in succession.

The Habits of the Person. — To prescribe a regimen of water for a patient, who has been accustomed to take a large quantity of wine, would be to expose him to serious injury by the abrupt change in the mode of living. Boerhaave often told, in his lessons, the story of a gentleman of distinction, tormented by an acute illness, for whom the doctors had ordered a very strict diet and refreshing drinks. This regimen had brought the invalid to the brink of the grave, when his own physician returning after a long absence, during which this treatment had been prescribed, thought fit to give him again his wine and some soup. This regimen soon brought about a complete cure.

Chomel successfully prescribed a moderate quantity of wine to invalids who had previously taken it in excess.

Brière de Boismont has shown that certain general dropsies might be ascribed to the privation of wine in

the case of individuals who were previously accustomed to drink it without moderation.

The Employment of Wine in Different Forms of Gout. — As a general rule, you may say that wine is useful in all atonic forms of gout, when the functions are languid, and when there is that special condition of the system which may be justly designated under the term gouty anæmia. These conditions are revealed in chronic and anomalous gout.

Let us first speak of chronic gout. It may arise after several attacks of acute gout, the intensity and frequency of which are lessened, either by a better regulated hygiene or by the use of the medicines usually given to resist gout, especially colchicum and the alkalis. Chronic gout may also slowly establish itself in our system without any acute manifestation; there may be an anomalous production of uric acid, with an insufficient elimination. Then urate of soda predominates in the blood, and deposits are imperceptibly made in the articulations. The joints tumefy; often this tumefaction is hardly apparent, but it is always painful. It is caused by effusions in the articular serous and synovial sacs. Movement becomes much slower, irregular, and more difficult. The redness, increased heat, and pains which usually accompany gouty manifestations, may not occur during the day-time, but at night the pain is sharpened, accompanied by a slight febrile motion.

This pain is seated chiefly in the muscles or along the passage of the nerves; it is frequently accompanied by cramp, and is usually termed rheumatic pain.

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As regards the digestive organs, the patients generally have dyspepsia with all its varieties. Most frequently this dyspepsia is accompanied by the acute eructation of pyrosis, flatulence, an oppressive feeling after meals, insufficiency and deterioration of biliary secretion, and constipation.

Turning to the circulatory system, we notice the irregularity of the pulse and palpitation of the heart. The urine, which during the attacks of gout is usually coloured, and leaves, on cooling, an amount of urate sediment, becomes pale in chronic gout, is more abundant, remains limpid, or, if it grows turbid in cooling, it is after an exacerbation of the disease. Passing traces of albumen are found in it when inflammation of the joints sets in, and when fever exists.

To these symptoms others may be added, which prove irregularity of the nutritive and assimilative functions, such as pallor of the features, prostration, swelling, and emaciation. And in course of time a progressive and often rapid diminution of strength sets in.

Wine is of great utility in these cases which we have rapidly described; but on the condition that we judiciously choose the proper quality and take it in very moderate quantity, sufficient to animate the energies of our functions, but not sufficient to disturb the nutrition and the nervous system.

All the great observers have acknowledged that the wines which agree best when the digestive functions are impaired, are those rich in tannin and containing

It is only in atonic forms that the tannic wine of Saint-Raphaël can be usefully prescribed.

It is evidently not against the cause of gout that its influence is beneficial ; or if so, it can only be by regenerating the vital powers.

Now, in the anomalous affections upon which we have dwelt, it is only when there exists a state of general chronic feebleness, only in the varied forms of anæmia amongst persons enjoying life too freely, and not taking sufficient exercise, that Saint-Raphaël wine renders signal service.

It is to such a case as this that Sydenham alluded when he gave his approbation to the second part of the popular adage : "*If you do not drink wine, gout will have you.*"

Let us recapitulate. A generous " corroborant " wine, richer in tannin than in alcohol, is the best restorer of organizations enfeebled by nervous over-excitement, morbid imagination, febrile predisposition, lymphatic disorders, or an anæmic or chlorotic condition ; and it is certain that the most valuable for such cases is the wine of Saint-Raphaël which contains an amount of tannin at least equal to the most celebrated quinquina wines, and has the great advantage over these artificial products of being far more agreeable to the palate.

THE END.