Observations concerning the nature and due method of treating the gout ... together with an account of the nature and qualities of the Bath waters ... / [George Cheyne].

Contributors

Cheyne, George, 1671 or 1672-1743.

Publication/Creation

London: G. Strahan, etc., 1720.

Persistent URL

https://wellcomecollection.org/works/qjddpwmz

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CAR. I. TABORIS.

OBSERVATIONS

CONCERNING THE

NATURE

AND DUE

METHOD

Of Treating the

GOUT,

For the Use of my Worthy Friend,

RICHARD TENNISON, Efq;

Together with an Account of the

NATURE and QUALITIES

OFTHE

BATH WATERS.

By GEO. CHEYNE, M. D. & F. R. S.

LONDON:

Printed for G. STRAHAN, at the Golden Ball, over against the Royal Exchange in Cornhill; W. MEARS, at the Lamb without Temple Bar, and H. HAMMOND, at the Bath. 1720.

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20

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ADVERTISEMENT

TOTHE

READER.

HIS small Treatife was originally intended for a private Paper of Instructions to the Gentleman, whose Name it bears, to direct Him how to manage himself under the Gout. It is, indeed, an Abstract of a larger one, on the same Subject, A 2 which

(ii)

which has lain by me these seven Years; which, yet, I have not had Leisure or Humour to finish. Several Copies of this having got Abroad, and the pitiful Condescendence of Pyrating Booksellers, even to such Trifles as these, have constrain'd me to let it come out in Print, as it is, to prevent its coming out from them. The Gentlemen of the Profession may easily perceive, by the Grossness of the Philosophy, and the low Detail of the Pharmacy, it was not design'd for them. If any Shall think fit to dispute or criticise on the Doctrine here laid down, they may do it securely, as if the Author were as much dead, as these his Labours will Shortly be: I hope I know the Value

Value of Time and Pains, and the Vanity of all Human Speculations better, than to employ them in defending such Trifles. All I undertake for them, is, That the Facts may be depended upon for their Truth. And the Method and Medicines for their Efficacy, towards the End, in the Circum-Stances propos'd. If any Person under them, Shall either amuse himself, by reading this Paper; or lighten his Pain, by following its Directions, I shall have obtain'd all I propos'd by it.

As to the Account of the Bath Waters given here, it came naturally in the way of my Subject; and is such as the Observations I have made suggested to me. I scarce know,

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know, and have taken no Notice of what others may have written or observ'd on these Waters; nor, indeed, had it been possible for me, in my present Situation, being without my Books, and confin'd to Bounds, by the Nature of my Design. I have often observ'd, with Admiration, the Wisdom and Goodness of Providence, in furnishing so wonderful an Antidote, to almost all the Chronical Distempers of an English Constitution and Climate, which are chiefly owing to Errors of Diet, or rather, as a Sacred Writer expresses it, Toldleness and Fulness of Bread. The Rankness of the Soil; the Richness of the Provisions; the living so much on Flesh Meats; the Inconstancy of the Weather, and the

(v)

the indulging in sedentary Amusements, or speculative Studies, directly leading thereto. To Remedy all which, kind Heaven has provided Bath Waters as the most Sovereign Restorative in all the Weaknesses of the Concoctive Powers.

BATH, July 1719.



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provided Bath Waters ar the most
Sovereign Restorative in all the
Weaknesses of the Concocine
Powers.

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BATH, July 1719.

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ROME



THE

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ERRATA.

HE Reader is desir'd to mend these two Mistakes. Page 20. line 6. for Guercma read Quercina. p. 48. 1. 8. for Peach r. Pearl.



SOME SHORT

OBSERVATIONS

Concerning the due

METHOD

Of Treating the

GOUT, Oc.

I. Eligning this Paper for the Instruction and Relief of my particular Friend, I shall only make such Observations, as directly tend to that Purpose; Passing by all Theories of the Distemper, as far

far as is consistent with giving the Reafon of my Opinions. For after having laid down two Propositions (which will be found the Principles of my Reasoning through this Discourse) I proceed to the Observations themselves.

II. Prop. 1. Of two Men having all other Circumstances alike, as near as may be; Of the same Parents; Born Healthy; Of the same Stature, Complexion, Diet, Air, Exercise, &c. It feems to me impossible to assign a solid Reason, why the One shou'd be afflicted with the Gout, the Other be absolutely free from it, but this, That the * smallest Vessels of the Gouty Person must be in their natural † Conformation narrower and more # stiff, than those of the Other, who is free from the Gout, in respect of their common Stature and Size. For thereby the Crude and Gross Humours, which are confin'd, or pass with Pain, in the Gouty Person, will easily slee off by

* Capillaries. + Make. ‡ Tenfe.

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Perspiration, and the other Drains of the Body, in the Person free from the Gout.

III. Prop. 2. The Cause of an Acquir'd Gout in the first Person, or in those born of found Parents, seems to me, to be the Abundance of Tartarous, Urinous, or other Salts, introduc'd into the Blood by the Food. Salts seem neither to perish, nor to be begotten; but to be constant and incorruptible Parts of Animal and Vegetable Bodies. The Delicacy and Flavour of Flesh and Fish, is entirely owing to their abounding with a fine, foft, oyly, or urinous Salt, as is evident in Venison and Wild Fowl. Wines, of all kinds, have a greater or lesser Quantity of Tartar in them: And other strong Liquors abound in their peculiar Salts, in Proportion to their Strength. Spirits are nothing but a great Quantity of Vegetable Salts crowded together in a little Water and Oyl. These Salts receiv'd in abundance, but neither sufficiently broke by B 2 the

oris

the Digestive Powers, nor driven out of the Habit by due Exercise; but by their Plenty and Nearness, uniting in greater Clusters, must necessarily form Obstructions, and give Pain, when, by the Force of the Circulation, they are thrust through narrower and stiffer * small Vessels. Nothing either receiv'd or bred within the Body, besides these Salts, can account for this Difference.

IV. Coroll. 1. Hence we may learn the Reason why, on the first Attacks of the Gout, in otherwise healthy People, the Humours generally fall on the Joints of the Limbs: Because, in the Joints, the smallest Vessels are more compress'd, by the larger Heads or Protuberancy of the Bones, and are thereby render'd narrower and more readily obstructed. These Obstructions fall on the Joints of the Limbs; because of the greater Length of these small Vessels, between the Heart, the Origin of the Motion of all

the Fluids, and these Joints; their other Extremity: Whereby the Quickness of the Circulation diminishing, Obstructions are there more readily form'd.

V. Corroll. 2. Hence likewise we may see the Reason, why the first Fits, of otherwise healthy Persons, Enrage and Remit once in Four and twenty Hours. The * Access being at Sun-set, and the † Remission about Day-break. Why the whole Fit in such lasts about Fourteen Days. And lastly, why the particular Accesses and Remissions, of Perfons advanc'd in Years, and broken with the Gout, happen only once in Fourteen Days. And why the whole Duration of the Fit is made up of several fuch Accesses and Remissions in equal Times. In the first Stages of the Gout, the Fluids being less Sizy and Glutinous, their Salts and Siziness are sooner broken and dissolv'd, by the Action of the Solids in the Circulation; and are there-

^{*} When it begins to enrage. † When it begins to be easier.

by sooner brought into a Condition to be carry'd off by Perspiration; which makes an Access and a Remission. The greater Weight and Groffness of the Air (which hinders Perspiration) at Sun-set, beyond what it is at Day-break, together with the particular Degree of Siziness, seems to determine the Times. The greater Degree of Siziness in the Fluids, of People advanc'd in Years, and broken with the Gout, lengthens out the Duration of these Accesses and Remissions. And the precise Period of Fourteen Days, feems to arise from the special Nature of the Siziness of the Fluids; and its Resemblance to that of a Regular intermittent Fever. The whole Duration of whose Fits put together, Sydenham has observ'd already, to be equal to Fourteen Days. But the particular Explication of all these Things, wou'd require more Room than can be allow'd them, in the Bounds I have prescrib'd to my self. My Friend, if he pleases, may consult Bellini on this Head.

guifhable Subftance.

VI. Coroll. 3. Hence we may discover the Reason of the common Observation, that Gouty Persons are People of good Natural Parts, large Feeders, and long-liv'd: Because the Fibres of the smallest Vessels, being more stiff and springy than ordinary, the Circulation is brisker, more sull and free: whereby the *Natural Functions are more readily and regularly persorm'd; and therein the best Health and truest Sensations consist: Strong Health requires liberal Supplies; and both together lengthen out Life.

VII. Coroll. 4. From these also, we may discover what a Fit of the Gout is, to wit, An Effort of Nature, to throw off this Abundance of Salts, through more stiff and narrow † Strainers. Salts of all Kinds are more or less ‡ Burning: The Urinous most of all, as is evident from Spanish Flies, and that unextin-

mistonw

guishable

^{*} That is Eating, Digesting, and Evacuating, &c. † Secretory Ducts.
‡ Caustick.

guishable Substance, call'd the Phospheros, so readily and plentifully to be had from Human Urine. (The Reason of which may be from their pointed Figure, piercing more readily, by its being besmear'd with a light Oyl: Or from their greater attractive Force; or from some other Quality, not yet, or perhaps never to be discover'd.) What is certain is this, That Persons of a large Appetite, as Gouty Persons generally are, feeding plentifully of Flesh and Fish, and drinking liberally of generous Wines, or other strong Liquors, and using, either too little, or too much Exercise, must necessarily overstock their Blood with these fix'd and incorruptible Parts of Animal and Vegetable Bodies; which in their Nature being Hard and Burning, can't fail, first, to raise a Tumult and Fever; and then to give violent Pain, as they are driven out of the Habit, through more stiff and narrow small Vessels, by the Force of the Circulation: So that a Fit of the Gout may be consider'd, as a Crisis of a putrid Fever, wherein wherein the noxious Humour is thrown upon some of the Muscles or Joints of the Body.

VIII. Coroll. 5. Hence we may difcover the Vanity of the Pretenders, to a certain and universal Remedy for the Gout. For unless a Remedy could be found, which at once cou'd change and new-mould the solid Parts of Human Bodies; alter the Nature and Qualities of Animal and Vegetable Bodies; and destroy Parts, that are in their own Nature six'd and permanent, it is impossible it shou'd be certain and universal; and how possible such a Remedy is, I leave every one to judge.

IX. Coroll. 6. Hence it is evident, there can be only two direct Ways of Treating the Gout, with any Prospect of Success. The one is, by stretching and widening the Capacities of the small Vessels, and * relaxing their Fibres.

* Slackning.

The other is, by lessening the Quantity of the Salts introduc'd into the Fluids by the Food; these being the two Antidotes or Opposites to the two fundamental Causes of acquir'd Gouts.

X. Here it may be convenient to take notice of the Difference between hereditary and acquir'd Gouts. The latter is produc'd in a Person, otherwise found, from Ignorance or Negligence of the exact Rules of living. For tho' there be a natural Configuration of Parts, that disposes one Man more than another to the Gout; yet there might be a Method of Diet order'd, which shou'd prevent it. The former is a * Taint (compounded perhaps of Scurvy, Stone and Pox) transmitted to the Patient with the Principles of Life, together with a Disposition in this Taint, to unite it self to any Malignity, introduc'd into the Habit, through Exceffes. giant principal

Conty three different ways: hift, as in XI. Coroll. Hence we may observe the Necessity of a much more strict and careful Management, in hereditary Gouts, than what is necessary in acquir'd ones. In the first, the Gouty Humour is ingrain'd and transubstantiated into the Solids, and other Principles of Life, and impossible to be rooted out by human Art and Industry: The most that can be done is, to lessen and relieve the Symptoms. Whereas in acquir'd Gouts, the noxious Humour being more confin'd to the Fluids, a proper Diet, due Exercise, and a few well-chosen Remedies, may go a great way; if not to a perfect Cure, yet to make Life tolerably easy under them.

Person can safely undertake for his Health, wisely manag'd Exercise, seems that alone, which can best answer one part of the first Intention, viz. The widening the Capacities of the small Vessels. Labour or Exercise assists the

C 2

Gouty

Gouty three different ways: First, as it increases the * Motion of the Parts of the Fluids among themselves; so that their Salts, by their + striking one against another, are broken and made less, that they may pass more readily through the small Vessels. Secondly, as it adds a new and foreign Force to the Blood, and thereby promotes its Circulation from the Heart through the small Vessels; driving some of the grosfer Parts of the Fluids through them, which in the ordinary Course of the Circulation wou'dn't pass so freely; and thereby opening their Obstructions and enlarging their Capacities. Thirdly, as it increases the natural Perspiration; the Action of the Muscles in Labour and Exercise, and the Spring of the Solids by their multiply'd Efforts, squeezing the Strainers of all their Contents. But to make Labour and Exercise as useful as they may be, two Cautions must be added to them: First, that they be

* Intestine Motion.

+ Collision.

not too violent, in respect of the Patient. For too violent Exercise will, necessarily, either spend the Spirits, whereby the Digestions and Circulation will be impair'd; and so a regular Gout be brought into an irregular one: Or by shaking all the Gouty Salts at once upon the Extremities, a regular Fit will be forc'd out; which, in less violent Exercise, might have been spent by Perspiration. Secondly, that Moderation in eating and drinking be join'd to it; For commonly Gouty Persons are large Feeders; and Exercise emptying the Stomach, the Guts and small Vessels, if the Appetite be satisfy'd to its Craving, the Evil is rather increas'd than diminish'd thereby.

XIII. There be two direct Ways of lessening the Quantity of the Salts, which produce the Gout. The first is, by a total Abstinence from, or a great Abstemiousness in Flesh, Fish and strong Liquors, which introduce those Salts into human Fluids. But this Course is

never

never to be undertaken, but with great Caution, and in the last Extremity: For these two Reasons; First, because an entire Vegetable Diet weakens all the digestive Powers, and all the Functions of Life; impoverishes the whole Mass of the Fluids; impairs the Strength, and dispirits the Man: And thereby necessarily begets the worst kind of Hysterical and Hypocondriacal Disorders, and all their black and difmal Confequences (at least till the Body has been long accustom'd to it) which is a Disease far worse than the Gout it self: And to which the Gout only brings the Patient, in its last and fatal Stages. Secondly, because this Diet, once enter'd upon, is never after to be chang'd, under the Danger of certain Death, or the most violent enraging of all the Gouty Symptoms. For a Vegetable Diet, as has been just now hinted, weakening the Digestive Powers, and all the Functions of Life, &c. the Patient can never after be brought to bear with a free way of living, without the Hazard of of certain Death, or a violent enraging of the Gouty Symptoms; as is too plain from many * fatal Instances. If any Diet is ever to be try'd in the Gout, it is to be order'd in Cornaro's Method; that is, by living on the white Foods; eating Flesh and Fish of the lightest Digestion, and drinking generous, unmix'd Wines, both of them in small, and constantly equal Quantities; in Weight and Measure; under the Craving, of the Appetite, and proportion'd for the mere Support of Life.

XIV. The other direct way of banishing the Salts out of the Habit is by Evacuations. Sydenham, otherwise a most accurate Observer of Nature, and a most judicious Practitioner, has been the Occasion, I think, of a great Mistake in the Management of the Gout; by forbidding almost all Evacuations, either in the Fit, or in the Intervals, for fear of weakening the Constitution.

^{*} Vide the Life of the P. of Conde.

There are two Seasons, to wit, Spring and Fall, when the Periodical Fits of regular Gouts commonly happen; which I consider as Cardinal and Critical Discharges, under general and mechanical Influences, for purifying the Blood, and discharging the Gouty Salts: In which Nature is no more to be disturb'd in its Operations (I mean as to Purging, for even then a gentle, flow, constant and uniform Perspiration and Breathing Sweat may be promoted, not only fafely, but with great Advantage) than in the Monthly Purgations of the Sex. But in light, flying Touches of the Gout, out of these Seasons; and in the Intervals of the Fits, gentle, warm, stomachick Purgers will be an excellent Remedy to send these agoing, to lessen the Fits, and lengthen the Intervals. A Person out of the Pain and Inflammation of the Fits, and in their Intervals (except his natural Disposition to breed another Fit) is, to all Intentions of Medicines, the same as a well Person. And all Medicines levell'd against other Difeases

Diseases incident to human Bodies, may be as safely administer'd to a Gouty (regard being had to his particular Constitution) as to any other Person. Wherefore, the general and direct Methods of relieving the Gout, are, In the Fits, a gentle, uniform, continu'd Perspiration and Breathing Sweat. In the Intervals, Labour or Exercise, and gentle, Stomachick Purgers.

XV. The Secondary or less direct Methods of relieving the Gout, are principally these two, First, Dilution, by proper Liquors. Secondly, Strengthners of the Instruments of the Digestion. Nothing is more likely to thin the Blood; to dissolve and break the Salts, and keep them at a distance from running into Clusters, than proper Diluters; as we see in Fevers, Rheumatisms, and other inslammatory Distempers. For this Reason, among others, it is, that Bath and German Spaw Waters, and all other Mineral Chalybeat Waters;

D Dwarf-

Dwarf-Elder Tea; Trifoil Tea; light, quick, Green Tea; small spicy Bitters on Water, and such like, drunk freely, Blood warm, on an empty Stomach, become so useful in Intervals of the Gout. Water is the universal Dissolvent of Salts of all sorts; and being replenish'd with the spicy, bitter and active Parts of other Bodies, it strengthens the Stomach and Bowels; breaks and dissolves the Salts; cleanses the insides of the Vessels from the Foulness that constantly adheres to them, and carries it out of the Body, by increas'd Perspiration and Urine.

XVI. Strengthners of the Instruments of Digestion, are an excellent Remedy in the Intervals of the Gout. If the Digestions be true and good; the Parts of the Chyle be made sufficiently small, and the Circulation be full and compleat (all which are the common Effects of Stomachick Medicines) the Salts will be less; the Obstructions of the small

small Vessels fewer, and the Impurities of the Fluids will more easily pass by Perspiration, and the other Drains of the Body; and so the Fits of the Gout become more easy, and less frequent. Among all the Strengthners of the Digestions, I wou'd recommend a strong Infusion of the Jesuit's Bark, in generous Claret, as being the coolest Bitter, the most powerful Strengthner of relax'd Fibres in the Instruments of Digestion; and the greatest Antidote of the urinous Salts, especially if join'd with Chalybeats, and some Qualifiers of its mawkish and nauseous Taste. The Bark has the same Effect on the Coats and Fibres of the Vessels, that Oak Bark has on raw Leather; and the same Effects on the Fluids to prevent their Coagulation; and to render them uniform, that the Testaceous Powders have on Vinegar, or as they have on Milk, to prevent its Curdling: But more especially, as it produces such Wonders on the Solids and Fluids in intermittent

D2

Fevers:

Fevers; to the State and Condition of both which, the Solids and Fluids of Gouty Persons bear so near a Resemblance, as has been observed in Coroll. 2. Wherever the Bark is proper, I recommend the Glans Guercma, or Acorn, as of the same Class of Medicines, and in some Cases of Relaxation exceeding the other. It is cool and easily digested. But they do best united. All bitter and spicy Medicines have more or less of the same Quality; but heat the Body more, and brace the Fibres less.

XVII. Mercury, by its Weight, and its constantly forming it self in little Spheres (or perhaps from its greater attractive Force) throughout all its possible Divisions, seems to offer fairest, of any internal Medicine, for breaking the Gouty Salts; for relaxing the Fibres; and enlarging the Capacities of the small Vessels. And the Fact is, that by a full and free Salivation Gouty People have

have been freed from all its Symptoms for several Years. But it is also Matter of Fact, and Experience, that a full and free Salivation does so break, rend and tear all the smallest, tenderest and finest Vessels and Fibres, that the Body becomes in a worse State, in respect of the future Fits, than it would have been in several Years time, under the common Symptoms. For tho' a Salivation may open all the Obstructions of the small Vessels; cleanse their insides from the Foulness that cleaves to them; purify the Blood, and break its saline Impurities; yet by its great Weight, and the excessive Force it adds to the Blood, rending and tearing the finest Vessels and Fibres; when the Gouty Person comes to his former Diet, and the other Circumstances of living; and the Fluids become thereby loaded with their Salts, they stick more obstinately to the Joints, than if the Parts had been fubdu'd and broken by regular Fits of the Gout. So that a Salivation, tho' it banish the Fits. for for some time, yet when the Blood is replenish'd again with Gouty Salts, the Habit is reduc'd to a worse Condition, in respect of the future Fits, than if they had never been interrupted: And, indeed, it is observable, that after a full, or repeated Salivations, the Man is feldom or ever the same, as to the Quickness of Sensation; or the Usage of the most beautiful animal Faculties. But there is an absolute Necessity of having recourse to Mercurial Vomits and Purges, when the Gout becomes fixt to, and permanent in a Place, as also when it is dispersed all over the Habit, like a Rheumatism. These active Medicines must first render the Humours fluid, which Gum Guajac with Diaphoretick Antimony persisted in will afterwards carry off. I come now to consider the Gouty Person under two disferent Circumstances. First, under a regular Fit. And, Secondly, in the Intervals.

XVIII. r. On the First Attack of the Fit, especially while the Fever, that ushers it in, remains, Dilution is the only Remedy. Fine, clear, old small Beer, with a little old Mountain, or Madera Wine; Water boil'd with a few Spicy Seeds, mix'd with these Wines: Water Gruel with some Wine, or Hartshorn-Drink with Cinnamon; and little or no Flesh Meat, will succeed best during all the time of the Fever. After the Fit is distinctly form'd, the milder Cordial and Stomachick Medicines, which promote a gentle Breathing Sweat (I mean in the more compounded and tedious Fits of the Gout, chiefly in Persons advanc'd in Years) such as Gascoin Powder, Goa Stone, Bezoar; Sir Walter Rawleigh's Cordial, Diascordium, Confection of Alkermes, and the like, wash'd down with clear Blood-warm Sack-whey; in every Draught of which ten or fifteen Drops of Spirit of Hartshorn has been first pour'd; with Flannel

nel on the Parts, and much lying a Bed; fuch a Method, and fuch Medicines, I fay, will best forward the Fit. Towards the Decline, the stronger, warmer, fpicy and Stomachick Medicines; fuch as Serpentary Root, Casamunair, Zedoary, old Venice Treacle, Electuarium de Ovo, and fuch like; with a few Grains of Campbir, and Salt of Vipers; and a good Stomach Bitter on Wine to wash them down, will finish this Affair, strengthen the Bowels, and prevent the Recoil of the Gouty Humour on them. And here it may be taken Notice of, that as the Fever, that ushers in the Gout, is, so will the Fit be: If the Fever is short and sharp, the Fit will be so likewise, in regular Gouts: If it be feeble, long and lingering, the Fit will be such also. In the Management of the foregoing Method and Medicines, two Cautions are to be minded: First, That during the whole Fit, Liquors may be more freely and safely indulg'd, than solid Foods. For Repletion from folid

folid Foods, in a Fit of the Gout, might be of fatal Consequence, by rendering a regular Fit of the Gout irregular: Whereas Fluids will certainly pass, either by Perspiration, Sweating, or Urine. Secondly, The Cordial Medicines are always to be regulated, by their Lightness on, and Agreeableness to the Stomach of the Patient; (for whatever makes him fick, will more or less draw in the Gouty Humour on the Stomach) and by their not rendering him more hot and restless, than the Gout it self wou'd naturally make him: For if they produce an agreeable Sensation on the Stomach, and do not inflame, they will necessarily procure Coolness and Quiet.

XIX. Here it may be consider'd, whether Opiats may be safely given in a Fit of the Gout, to procure Rest, and alleviate Pain. In the general, it is the safest side, not to administer any kind of Opiats in the Fits; because they E constantly

constantly pall the Appetite, and leave a Nauseating, and perhaps a Reaching on the Stomach, the readiest way to bring the Gout there. But in Extremities, when the Patient has been many Days without Rest, and the Pain becomes intolerable, all other Means failing, or equally dangerous, Opiats may be so qualify'd, and their mischievous Effects so bridl'd, by joining spicy, nervous and Stomach Medicines to them, that they may become n excellent Remedy. Thus liquid Laudanum, with Tincture of Castor, of Snakeweed, of Diambra, of Saffron, Sal Volatile, Compound Spirit of Lavender, Hysterick Water, and some agreeable Simple Water; some of these mix'd in a due Proportion, and proper Dose, will not only procure Rest, and ease Pain, but answer all the other Intentions in the Cure of a Fit of the Gout. Thus also, London Laudanum, with old Venice Treacle, or Mythridate, Serpentary Root, and unscented Species of Diambra, confiantly

bra, made into a Bolus, with any agreeable Syrup, and caution'd, as before, will produce the same Effect.

XX. As foon as the Pain is almost gone, and the Swelling and Weakness only remain, nothing will more quicken and finish the Cure, and strengthen the weaken'd Parts, than gentle, warm, stomachick and spicy Purgers, dos'd and repeated according to the Strength of the Patient; by carrying out of the Habit, the more gross and unperspirable Remains of the Gouty Humour. This premis'd, especially after long and severe Fits, which have impair'd the Strength, and wasted the Muscular Flesh; I should advise Asse's Milk with Pearl, half a Pint, or a Pint, in the Morning early, and five or fix a Clock in the Afternoon; to lengthen out the Morning Sleep, to pulp up the exhausted Muscles, to cool and refresh the parch'd Fibres, and keep the Body foluble; which Affe's Milk commonly does. And to keep up the Appetite,

which the Milk commonly palls, and to prevent its too cooling Effects on the Stomach, a light bitter made of Gentian, Cinnamon, and Orange Peel only, the last double of the other two, infus'd on Sherry or White-Wine, and taken two Hours before Meals, may be us'd most conveniently. This Course might be continu'd for two or three Weeks: After which I shou'd order a Course of Bath or German Spaw Waters, with Steel, riding, a light White-food Diet, and generous Wines drunk temperately.

XXI. It is in the Intervals of the Fits that any thing great or probable is to be undertaken for the Relief or Cure of the Gouty. The Methods, both general and particular, I have touch'd upon. I come now to recommend fome special Medicines, which have been found useful in this Case. It is certain that great Abstinence from Flesh, Fish, and Wines, would prevent the Fluids from being overloaded with Gouty Salts. It

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is also certain, that if the Food be carry'd out before it is digested, it will be pretty near the same thing, as if the Quantity carry'd out, had not been taken down. Now if a Medicine can be found, that without weakening the Stomach and Bowels, shall carry off the greater part of the Food, before it is quite rob'd of its Salts, it can't fail to be of great Use in the Intervals of the Gout. For this purpose, I wou'd recommend fine Rhubarb, taken regularly once, twice, or oftner a Week, in such a Dose, as to procure two or three Motions: For these Reasons, First, Because it is an excellent Stomach Bitter, as is evident from its Taste, and from the sharp Appetite it gives those that take it frequently. Secondly, Because it is one of the noblest Astringents. hitherto known, as is evident from its Cure of Fluxes, and intestine Hæmorrhages; and from the Tightness it leaves on the Bowels. Thirdly, Because it requires neither Diet, nor keeping warm, nor any other particular Management; and a

chineal

and yet taken frequently and regularly, it will carry off any Proportion of the Food one pleases; and so reduce the Diet, as near as needs be, to Cornaro's, which, in Article XIII, has been shewn to be of so excellent Use in the Gont. I knew a Noble Lord, of great Worth, and much Gont, who, by taking from the Hands of a Quack, a Dram of Rhubarb, ting'd with Cockineal to disguise it, every Morning for the Space of six Weeks, liv'd in Health for sour Years after, without any Symptom of it.

XXII. It is worth here taking Notice, that all the Preparations of this Medicine serve only to spoil it: And that it is best taken in a spoonful of Soup, or any other agreeable Liquor, immediately before Dinner, or chew'd in a Morning sasting. But to those to whom its Mawkishness is nauseous, I wou'd recommend this Form. Take Gentian and Zedoary of each a Dram, Serpentary Root, and unscented Species of Diambra, of each half a Dram; Cochineal

chineal and Saffron of each a Scruple; Orange Peel an Ounce; infuse in a Quart of Mountain, in a warm place twenty four Hours, strain, and to the Liquor add three Ounces of the best Rhubarb; Salt of Wormwood a Dram and an half; set in a warm Sand heat twelve Hours; and then strain a second time. Of this four Spoonfuls every Night, or every other Night, as occasion requir'd, I have found an excellent Remedy in this and other Chronical Cases. Where no . Preparations of Rhubarb will agree with the Constitution, as there are many fuch, then Elixir Salutis, Tincture of Hiera Picra; a Solution of Gum Guajac, or the Scotch Pills, might take place; but that all the Preparations of Aloes are apt to throw out both Gout and Piles. However in this matter there is great Variety; out of which every one may fit themselves with what is most agreeable to their own Constitution; which if they use regularly and frequently, they cannot fail to prevent violent Fits of the Gout, and perhaps most other,

other, both Acute and Chronical Distempers.

XXIII. Next to Rhubarb, and all Circumstances consider'd, even far before it, I would recommend Sulphur, as one of the best Remedies in the Intervals of the Gout. It is but in little Use at present in Physick, except in the Itch, and the Piles; and yet in the whole Extent of the Materia Medica, I know not a more fafe and more active Medicine. Its wonderful Efficacy, and particular manner of Operating in these common Cases, might, I think, have encourag'd its Trial in other Chronical Cases, especially considering the Facility of its Working, and the little Trouble it gives in taking it. Its principal Qualities are these. 1. The Parts of Sulphur, and those of Light and Fire, act mutually upon one another, more powerfully than those of other Bodies. It is to their Sulphur that Bodies owe reflecting and refracting Virtues; from whence its Inflammability proceeds. * The

* The Particles of Sulphurous Bodies receive and retain those of Light and Fire, more strongly than any other Bodies: And the Rays of Light and Particles of Fire, separate, move and turn the Parts of Sulphurous Bodies into Fire and Flame. 2. The Parts of Sulphurous Bodies are very small, even smaller than those of Water it felf, whereby it comes to pass that they will enter those small Vessels, where Water it self (our best and most universal Diluent) can't come; this is evident from hence, that Water will not dissolve Sulphur, and that no Moisture will stick to fat Substances, or the Feathers of Water Fowl: As also from its Cure of all cutaneous Foulness; which it cou'd never effectuate but by entering all those smallest Vessels. which scarce any other Medicine can enter. And lastly, by its dissolving the sizy Juices of the smallest internal Glands, when obstructed; particularly those of the

^{*} Vide Sir Isaac Newton's Treatise of Light and Colours, 1 Edit. in English towards the end.

Lungs, Mesentery and Rectum; as in the humorous Afthma, Scrophula and Piles. 3. Sulphurous Bodies will readily unite with, and destroy the Effects of all Saline Particles, but especially those of the acid kind. And in this their great Energy seems to consist. Sulphur yields the most piercing, active, and agreeable Acid in the World; such as Spirit of Sulphur, Gas of Sulphur, and the like. 4. The fat and oily Parts of Sulphur, like other fat and unctuous Bodies, are the lightest, the most coherent, and the most springy of all Bodies. These two last Qualities are most manifest from the artificial Sulphur made of Oyl of Turpentine and Spirit of Vitriol (the strongest Glew, and the most penetrating Acid) duly digested and carefully manag'd, which in all respects is the same with natural Sulphur. "No " Body denies (fays Tournfort in his Voyage to the Levant, Pag. 122. Part I. English Edit.) " that Sulphur is only a " fat Substance, fix'd by an acid Spirit: The

"The Sulphur which is artificially " made, and the Analysis of common " Sulphur, put this Truth out of all " Dispute. For the Sea Water being " fat by the Oil of the Sea Fish continually corrupting there, and bitter and saltish from its saline Rocks, produces in proper Nests natural Sul-" phur." And Sir Isaac Newton says, in his last Edition of his Opticks, pag. 359. " By dissolving Flower of Brimstone " in Oil of Turpentine, and distilling " the Solution, it is found, that Sul-" phur is compos'd of an inflammable "thick Oil, or fat Bitumen, an acid "Salt, a very thick Earth, and a little " Metal: The three first were found " not much unequal to one another; " the fourth in so small a Quantity, as scarce to be worth the considering." Join all these Qualities together, and you have one of the most admirable Remedies in the World, for all Intentions in the Cure of the Gout: By its agreeable Taste and Lightness on the Sto-F 2 mach, In

mach, (especially when wash'd down with any milky Vehicle) its Tenacity, Ropiness and Elasticity; the Smallness of its Parts; their Efficacy in destroying the Mischief of all saline Particles, with their natural Warmth, join'd to the Activity of its acid Salt, (making it a kind of natural Soap) it enters the small Vessels, where no other Diluent, hitherto known, can come; cleanses their infides from the Foulness that sticks to them; imbibes and retains all the Gouty Salts, and carries them out of the Body by Perspiration; softens, smooths and relaxes the parch'd and stiffen'd Fibres; and by leaving some of its oily Parts on their Surfaces, sheaths and defends them from the Points of the Salts. afterwards introduc'd. And the Fact is, from repeated Trials I can recommend Sulphur, as a most powerful Remedy in the Intervals of the Gout. For I have known half a Dram of powder'd Sulphur, or Flowers of Brimstone, taken regularly twice a Day in a Spoonful

Years; and lessen both its Pain and Duration when it happen'd: For it mov'd the Body gently once or twice a Day. I have in my Possession Testimonies under the Hands of some treated and tended by my self; and of others of undoubted Credit, witnessing to the great Success of this Medicine in the Intervals of the Gout. Nothing hitherto discover'd, I believe, equals it obstinately persisted in.

XXIV. Especially if to these be added plentiful Dilution by some Blood warm Insusion of a spicy and diuretick Plant in Water, so as to provoke a gentle Breathing Sweat, and pass freely by Urine. Thus large Draughts of Sage, Dwarf-Elder, Buckbean, or Green Tea; but especially of weak Whey made on old Mountain, drunk Blood warm, and on an empty Stomach, and join'd to any of the now mention'd Medicines, will be of great Advantage in the Intervals

tervals of the Gout; by diluting and breaking its Salts, and carrying them off by Perspiration and Urine. And certainly Roselli's Drops, (perhaps the Tinctura Metallorum somehow alter'd) which were faid to work gently by Stool and Sweat, in the Hands of a prudent and knowing Physician, had been an admirable Remedy, as answering both the Intentions mention'd, in the Intervals of the Fits; and even in the Fits themselves, it had not been without its Use (always excepting the Vernal and Autumnal regular Fits) had he dealt with recent Gouts, and firm Constitutions only. That which I wou'd particularly recommend here, is, a weak Decoction of the BARK of Sarsa Root (in the BARK the Virtues of the Plants chiefly confist: For being replenish'd with most part of, if not all the Juice-circulating Vessels, it contains all its Salts and most active Parts; and being Spungy and Tender, it is thereby more easily digested: And where Roots are most

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in Use, the Bark of the Root is more eminently useful, for the Reasons affign'd: As also because, towards the End of the Autumn, when Roots are gather'd, the Cold has already driven the Juices into their Bark. And this may be one Reason why the famous Pox-Doctor succeeds in some Cases, when mismanag'd Mercurial Treatments have fail'd: His Diet-Drink chiefly consists of a Decoction of the Bark of this Root: His Pill is Mercurial, perhaps the Arcanum Corallinum, or Panacæa, and these two persisted in for so long a time, must necessarily fweeten the tainted Juices, and expel the entangl'd and groffer Mercurial Parts, which clustering together, cou'd not perform the Circulation, but were retain'd within the Habit, by former mismanag'd Salivations, and thereby render'd ineffectual to the Cure; especially, if to these be added, the low and starving Diet he prescribes. For I have heard of a famous Sea-Commander,

mander, who effectually cur'd the first Stages of Venereal Distempers by living twenty Days on Water Gruel only, in which a little Cream of Tartar had been first dissolv'd; and higher Degrees of the same by the like Diet continu'd twice the Time;) with a little Milk, drunk freely Blood warm every Morning, which I have known wonderfully relieve Gouty Persons, when drunk all the Winter between the Cardinal Fits. And even Cow's Milk warm, taken for Breakfast and Supper, has been of great Service to those Gouty Persons who drink not much Wine; for those who drink Wine freely, have too hot and four Stomachs to deal in Milk.

XXV. Even drinking freely of light, clear Spring Water after full Meals, and indulging in strong Liquors, will be found of great Use in the Intervals of the Gout. It is well known that warm Water alone, drunk in a Morning fasting freely, and at Meals, from its Heat,

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its Dilution, and cleanfing Qualities, has been a sovereign Remedy in restoring decay'd Appetites, and strengthning weak Digestions, when other more pompous Medicines have fail'd. Lower very justly observes, that Persons that have drunk beyond the Rules of Temperance, may be much reliev'd from the ill Effects of it, by exposing themselves to the free Air, to cool the Blood, and to force off the Liquors by Urine. I'm of Opinion, were there neither Sin nor Shame in it, as there are eminently both, a Gouty Person ought to avoid Intemperance, as he wou'd avoid the Bite of a Snake or mad Dog. But since fuch Accidents do happen, let the Gouty Person, after the Excess either in Meat or Drink, swill down as much fair Water as his Stomach will bear, before he go to Bed; whereby he'll reap these Advantages: First, Either the Contents of the Stomach will be thrown upwards; and he freed from a great part of the Load. Or, Secondly, Both Meat and Drink

Drink will be much diluted; and the Labour and Expence of Spirits in Digestion much sav'd. And Thirdly, the Gouty Salts will thereby be dissolv'd and distanc'd from one another; and so be more readily carry'd off by the free Perspiration, Sweating and Urine which ensue.

XXVI. But beyond all other things, a well order'd Course of Bath Waters, with Chalybeats and warm Bitters, and a frequent and regular Use of Stomach Purgers will be found to succeed best in Gouty, as well as other Chronical Cases. The Learn'd have been divided, and much perplex'd about the Heat of Bath Waters. I have always endeavour'd to account to my self for it, from the common Experiment of mixing filings of Steel, and Powder of Sulphur, working them into a Paste with Water, and putting them into a Cellar, under a Cock, droping Water flowly and regularly; the Paste will

will ferment to fuch a degree, that the Water running from it shall be of the same Heat and Virtue with the Bath Waters; tho' not so pleasant, nor so well fitted to human Bodies. This is a common Experiment, and these are the only natural Bodies known, which meeting together will produce Heat in Water, without artificial Fires. Tournfort, in the Place before mention'd, says, " It's certain that filings of Iron steep'd " in common Water will grow consi-" derably warm, and much more so in " Sea Water: And if you mingle there-" with some Sulphur powder'd, you'll " fee this Mixture really burn." Sir Isaac Newton, in his last Edition of his Opticks, page 354, says, "That e" ven the gross Body of Sulphur pow-" der'd, and with an equal Weight " of Iron filings, and a little Wa-" ter made into a Paste, acts up-" on the Iron; and in five or fix " Hours grows too hot to be touch'd, " and emits a Flame." That the Heat G 2 of

of the Bath Waters is owing to a Principle within themselves, is evident, from their retaining it longer than any other Water, heated to the same Degree, will. Wherefore there can be no Necessity of having recourse to Vulcano's or subterraneous Fires, to account for this Appearance. There are no burning Mountains known in this our Northern Climate; and 'tis pretty hard to conceive, how Fires shou'd have burn'd so long under Ground without a Vent, or any other remarkable Sign. The Sulphur in the Bath Waters is evident to the Senses, swimming in large Clusters on the Tops of the Baths mix'd with Earth, and some vegetable Substances, wherewith the Guides commonly gild Silver: and is found an excellent Remedy in Scurvies, Leprosies, Ringworms, and other Foulnesses of the Skin. The Steel is manifested by the blewish Tincture given to the Water from the Pump, by an Infusion of Nut-gall. It is true, this Tincture is neither so deep, nor is it to be had from the Water, in any short time

time after it comes hot from the Pump, thereby to manifest any great Quantity of Steel in the Composition, such as can have the full Proportion to the Experiment now mention'd. But, to fet this in a clearer Light, let us put together these Considerations. First, That upon Distillation of Bath Water, there remains little in the Bottom of the Glass but the common Calx or Sea Salt, that is found in the Distillation of Spring Water, if we except some Sand or Earth, that is forc'd up by the Violence of the Pump; wherefore the Bath Waters not being impregnated with any Quantity of a saline Mixture, can retain nothing in their own proper Substance but the lightest Parts of the Steel and Sulphur. Secondly, That this Water is as fully impregnated with Sulphur, as it can bear, has been already shewn: And that there must be a greater Proportion of Steel in Bath Water than is manifested to the Senses, or discover'd by any Experiment hitherto made, is evident from its healing Effects, which no known 115 Medicine Medicine but Steel can bring about, or account for: None but those who have feen it, can believe the wonderful Efficacy it has, in most Chronical Cases. What, but Steel, in a few Weeks, can make the Blood, from a white blewish or tallow Hue, resisting the Knife, like Glew, swimming in its Serum, like an Island amidst the Ocean, look all of a Piece, of a Scarlet Colour, and a due Proportion between its nourishing and its watery Parts. Nothing but Steel can make a pale ash-colour'd Countenance, hollow and deep Eyes, no Appetite, little Strength, and less Sleep; eat, and drink, and sleep, look gay and sleek, like the best Health. Thousands of fuch Instances may be seen every Season at these healthful Springs. Thirdly, The Effects of Sulphur in bridling the sensible Appearances and Operations of most active Medicines, is very well known. Instances of which, in natural Bodies, are, Antimony and native Cinnabar; in artificial ones, Æthiops Mineral, and Cinnabar of Antimony: In all Medicine

all which the Mercury is so bridl'd up by the Sulphur, that none of their senfible Operations and Appearances are felt, while they produce the most wonderful Changes on animal Bodies. I cannot pass over Æthiops Mineral without pressing its more universal Use than, for ought I know, it has yet had in common Practice. It is one of the most certain and universal Alteratives, if dos'd fufficiently and long enough persisted in, of all the Dispensatory. It radically extirpates the Itch, the Piles, scorbutick and scrophulous Ulcers; all cutaneous Foulnesses; all Inflammations and Fluxions of the Eyes; all internal Ulcers, Rheumatisms, white Swellings; sharp Humours in the Stomach and Guts, and almost all Distempers arising from fizy Juices. I say, it cures these, if Art can do it; for some of these (like hereditary Gouts) are so transubstantiated into the Solids, that nothing but a new Conformation of Parts can cure them. It may be given almost to half an Ounce a Day, especially with interspers'd Mercurial

fensible Operation, and continu'd for a Twelve-month, if one pleases. The finest Sulphur, and sittest to make Æthiops of, is common Sulphur pouder'd, and boiled seven or eight times in Spring Water, whereby it becomes as light on the Stomach as prepared Peach, and as essectual in the Cases mentioned, as the celebrated Sulphur of Aix la Chappelle Waters. But to return to the Business.

the Bath Waters derive their Heat from a Principle within themselves; since no natural Body, but Sulphur and Iron can produce such a Degree of Heat, as is in them; since nothing but Steel can produce those wonderful Cures on human Bodies, which Bath Waters do; since Sulphur will lock up and bridle the sensible Appearances and Essects of the most active Bodies, and yet not destroy their healthful and medical Virtues; it is plain, that Bath Waters must owe their Heat

Heat to a Mixture of steely and sulphurous Particles; and their healthful Effects, to a greater Proportion of Steel, than is sensible, or easily discoverable by any Experiment hitherto made, join'd to a light Sulphur, whose Virtues and Efficacy in all Chronical Cases, we have already shewn. The Mountains which furround the Place, which every Body now knows, to be but the Nests of Minerals, and the Receptacles of the Waters, which feed the Springs, (which Mountains are continu'd even to the Sea) confirm this Opinion. The manner I conceive thus: The Dews drilling and droping through the Cranies of the Mountains, fall upon a Bed of Iron Oar, and are there as fully impregnated with Chalybeat Particles as such Water can bear; and gently owzing down upon a Nest of Sulphur, and there fermenting to fuch a Degree, that requiring more room, they bubble up at the Foot of the Mountains, with their fulphurous Spoils; and furnish out this healing and balfamick Fluid. All hot Waters feem chief-

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ly to consist of these two Principles; and to differ only as the Sulphur or Steel predominates in them. Where the Sulphur predominates, they are hotter, more nauseous, and more purgative. Of the three hot European Waters of Note, the Aix la Chapelle, Bourbon, and Bath; the first abounds more eminently in Sulphur, which makes its Heat, Nauseousness and Purgative Faculty so great, that few weak Stomachs can bear its. Heat and Nauseousness; and fewer weak Constitutions, the Violence of its Purging. The Bourbon are of a middle Nature, between the Aix la Chapelle and the Bath Waters, and are less hot, nauseous and purgative than the Aix la Chapelle, but more than the Bath Waters. The Bath partake less of the Sulphur and more of the Steel than either of these two; and are by far the most pleasant; of a milky Taste, never purge, except they be drunk either too fast, or in too great Quantities, and always mend the Appetite, and raise the Spirits. The weakest hot Waters are but of little Use, ex-

cept in the lowest Cases, and hectick or consumptive Constitutions; but for Medical Uses, the weaker hot Waters may be made pretty near equal to the stronger by Evaporation, as to the fulphurous Principle; as the stronger may be brought down to the weaker by Dilution, as I have experienc'd; tho' Nature be always the wifest and most perfect Operator. But neither the same Proportion of Steel, nor Sulphur, nor Heat, indifferently fit all Constitutions. Generally the Strength (i.e. the Quantity of Steel and Sulphur) of the same hot Waters is in proportion to their Heat; and therefore to fit the same Waters to weaker Constitutions, they need only be drunk proportionably cooler.

fuch an Origin, and fuch Qualities, must needs be an excellent Remedy in the Gout, and other Chronical Cases, for these Reasons; 1. Because of their Warmth, just suited to the Wants of Nature, and a little above the Heat of H 2 human

human Bodies, sufficient to introduce a foreign Warmth and Motion to cold and decay'd Bowels and Fluids; whereby the natural Warmth and flow Circulation is increas'd and enliven'd. 2. This, with its agreeable Taste and milky Softness, makes it sit so easily on the Stomach, and become so excellent a Vehicle, to wash into the Blood other proper and specifick Medicines, without that Nauseousness and Fret on the Spirits, which all other hot Waters, hitherto known; or that Chillyness and Damp, which all cold Mineral Waters, give: whereby they are render'd useless or hurtful in some low and nervous Cases. To these add, 3. Their Chalybeat Principle, so peculiarly lock'd up in Sulphur, that the Patient reaps all the Benefit and healthful Effects of the best Preparations of this Medicine (and what are not two such powerful Medicines combin'd able to effect?) without the nauseous Taste, and frequent Disorders upon the Stomach, that every other way of giving Steel produces. 4. The Sulphur

Sulphur united with the Steel, makes it a natural kind of Soap, for cleanling the infides of the Veffels from the Foulness that cleaves to them; and for opening the Obstructions of the small Vessels. But 5. That which, together with the others, makes it specifick in the Gout, is, its relaxing Quality, whereby it softens and supples the rigid and stiff Fibres, so as the Gouty Humours may pass freely by Perspiration. Much more might be said of this wonderful Remedy provided by the Hand of Nature, to relieve the Miseries of human Life; but this the innumerable Crowds of Cripples of all forts, and those other Persons made miserable by Chronical Distempers, sent thence, every Year, cur'd, or reliev'd, do witness, more convincingly than either Philosophy or Rhetorick can.

XXIX. I will here remove two Difficulties: The First is, concerning Bathing in the Intervals of the Gout. The only Reason given for this Difficulty is, lest

lest the Gouty Humour shou'd be driven inwards upon the Bowels. But this seems to me a mere groundless Jealoufy: For in regular Gouts, when the Fit is over, it is to be suppos'd, that the Gouty Fluid or Matter is mostly or altogether spent, and the Fluids in a healthy found Condition. And therefore it might be as reasonably doubted, if in the Intervals of two putrid Fevers (of which many have had more than two in their Life-time) a Person might safely bath. There is no Question, but that a Gouty Person may both as safely bath, and take any Medicine, for any incident Disease, as any other Person; regard being had to his particular Constitution. And 'tis Matter of Fact, that those who have been crippl'd by the fixing of the Gouty Salts upon the Joints, or disabl'd by the Tenderness of the Parts, have been extremely reliev'd by a long Course of Drinking and Bathing in these hot Waters, which by relaxing the Fibres, dissolving the sizy Humours, diluting the Gouty Salts, and making them left pass

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pass by Perspiration, have restor'd them to the Use of their Limbs.

XXX. The other Difficulty is, how the same hot Water shou'd relax contracted Fibres, as in the Gout and Rheumatism; and yet contract and brace relax'd Fibres, as in the Palfy and wasted Limbs. That the Matter of Fact is fo, is past all Doubt in these and many other Cases of Contraction and Relaxation. But to clear up this, we need only to consider what Contraction and Relaxation are. Since all the Fluids of the Body are contain'd in Vessels, Contraction can arise from nothing but from the Blood and other Fluids (or whatever is the Cause of Muscular Motion) Their being retain'd and obstructed by their Siziness; or from some external Injury: in the Substance of the Muscle it self; whereby it becomes fuller and firmer, and so acts as upon its Office of Contraction. Relaxation, upon the other hand, is an Obstruction of the Nerves or Vessels of the Fluids, before they Call

they arrive at the Muscles; as is seen in Palsies and the Nervous Atrophy of the Limbs; so that in both Cases, Obstructions are the Cause both of Contraction and Relaxation. Wherefore, whatever Medicine can dissolve the Siziness of the Fluids; open the Obstructions of the small Vessels; make the Perspiration sull and free, and brace the Fibres; will both contract Relaxations, and relax Contractions: And that these are some of the Essects of Bath Waters, has, I think, been made sufficiently appear.

XXXI. If it be enquir'd into, what other Cases, besides the Gout, Bath Waters may be useful in; the Answer will be obvious from the Account now laid down; to wit, That they must be beneficial in all Cases, where Steel or Sulphur is; that is, in almost all Chronical Cases whatsoever. In Acute and Instammatory Cases, in all Cases attended with a strong, quick Pulse, no Mineral Water, nor Chalybeat Medicine

can be proper. But in all other Cafes (excepting those only attended with a Bleeding or Hamorrhage) they are not only fafe, but exceedingly beneficial. More particularly, their wonderful Efficacy has been often experienc'd in Cachexies, Scurvies; in the Stone, Rheumatism and Jaundice; in Hypocondriacal and Hysterical Affections; in Vapours and Melancholy; in Palsies, Epilepsies, and other Cephalick and Nervous Distempers; in Disorders of the Stomach and Bowels; Obstructions of the Liver and Gall-bladder; in green and breeding Sicknesses; in Barrenness and Weakness after Childbirth; in Obstructions of the Monthly Purgations; and all other peculiar Difeases of the Sex. And truly, if a Perfon afflicted with a low, broken or tender Constitution, suffering under the tedious Pains and Inquietudes of any of the lingering Distempers now mention'd, where the Viscera or Bowels are yet found, wou'd know the fittest Place

in Britain to spend their Life-time with the greatest Ease and Pleasure; take all the Advantages of the Place together, the Agreeableness of the Waters to the Stomach; the Certainty of their procuring a good Appetite, when it fails; and the no less certain Consequence thereupon, Freedom and Chearfulness of Spirits; the regular way of living; the Excellency of the Provisions; the Warmness, Cleanness and Neatness of the Housing; the Conveniency of the free, fresh and open Air of the neighbouring Downs for Exercise; the Easiness of the Amusements; and the Advantage of what Conversation one defires; I say, taking all these Advantages together, I can affirm, from near twenty Years Experience, without Sufpicion of Flattery, or Fear of Contradiction, that Bath is the Place.

XXXII. Some wife and frugal People think the mere drinking of these Waters, for some time, without taking any

any Medicine, either before or with them, may be fufficient to remove any of the Chronical Ails they are good for; but those, if they are really ill, in any other manner, except mere Loss of Appetite, are generally convinc'd, upon Trial, at their own Expence, that they neither ought to begin a Course of the Bath Waters, without a previous cleanfing of the Stomach and Bowels, lest they wash into the Blood through the Lacteals, by the perpetual Dilution of the Bath Waters, those Impurities, which constantly cleave to them; nor that they ought to expect a perfect Cure of a long-breeding and lingering Distemper, without the Assistance of those other Medicines which are reckon'd Specifick in the Case; and to which the Bath Waters are so pleasant and so asfistent a Vehicle. For it is but Prudence to bring all the Forces one can raise, against so potent and so formidable an Enemy as a Chronical Distemper. I ime, half a Pint everyment

XXXIII. It is not possible to lay down a general Rule, about the Quantity of Bath Waters, which it is convenient to drink daily; that being to be varied according to some Circumstances of the Patient, and the Nature of the Distemper: Strong, full and large Bodies bear more Waters than tender, thin and lesser ones; the younger more than the elder; those of strong and firm, than those of weak and relax'd Nerves; those who labour under the Gravel and Rheumatism, than those who are disorder'd in the Alimentary Passages, or are subject to Scorbutick or Nervous Weaknesses, and the like. But in general, it were to be wish'd, that People who come to Bath for their Healths, drunk less daily than they commonly do; and allow'd more Time for a Chronical Distemper. I think it may be safely advanc'd, That any Quantity greater than an English Quart, in a Morning, drunk in two Hours Time, half a Pint every half Hour, is more than what is reasonable.

For,

For, drinking in this Proportion, all the rest of the Day; at Meals, to wit, in the Afternoon, and going to Bed, they must take down no less than five Pounds in about fixteen Hours; viz. two Pounds in the Morning, a Pint and an half with Wine at Dinner, half a Pound in the Afternoon, and as much at Supper and at going to Bed. This every Body must see is fully sufficient to answer all the Intentions of drinking Mineral Waters. A greater Quantity than this will serve only to distend and relax the Alimentary Passages; to force its way through the largest, and most patent Tubes; and to propagate the Circulation through the Branches and Inosculations of the larger Arteries and Veins, where the least Foulness and fewest Obstructions can happen: So that it will scarce ever reach the finest Capillary Vessels, in which alone the Danger lies. And the late Ingenious and Learned Doctor James Keill * has

^{*} Pag. 49. Tentam, Medico-Physic. Jac. Keill.

made it evident, that the most expeditious way of altering the whole Mass of the Blood, by Mineral Waters, is, by small and frequent Draughts. most Cases a Pint in a Morning is sufficient, and in low Constitutions and Disorders in the Alimentary Passages, tending to Vomiting and Purging, balf a Pint is enough; and whatever Quantity is to be drunk, 'tis always best to take it in small Quantities, and at good Distances, provided it come within the Compass of the Morning. What is drunk at Meals, tho' cold, yet being fresh, and not altogether drain'd of its Principles and Virtues, contributes near as much to the Cure, as that which is taken in the Morning. The Afternoon and Evening's Draughts are more arbitrary, and must depend upon the Ob-fervation of the Patient, as he finds them agreeable to his Stomach, and sit easily or not: Where too great Quantities have not been swallow'd down in a Morning, they are very proper, provided they be in Proportion to the Morning's

Morning's Quantity, and never taken under four or five Hours after Dinner; and that at Night, not under two or three Hours after Supper; these times being the most proper to affist the Digestion, and carry off the Remains of the Food. But the Truth is, as nothing is more necessary, in a Course of these Waters, than setting out right at first; so nothing requires more the Experience and Judgment of a Phyfician, than the accommodating the previous Preparations, the Quantities to be drunk, and the Medicines to be taken with them, to the Distemper and the Constitution of the Patient. For these once settl'd, the rest generally goes on successfully.

XXXIV. I come now, in the last place, to make a few Observations upon irregular Gouts. When the original Constitution is broken and impair'd; the Parts subdu'd and full of Gouty Salts; the Force of the Circulation, by Age and frequent Fits, weaken'd, and continu'd only through the Inosculations of

of the great Vessels; the Humour recoils inwardly upon the Bowels. And
this is call'd an irregular Gout. While
it is in any Joynt, or any Muscular Part,
it is still esteem'd regular, tho' the nearer it comes to those outward Parts, the
least remote from the Heart and Bowels, the nearer it comes to an irregular
one, and so consequently to its last and
fatal Stages. To which it seldom comes
unattended; for it generally brings the
Stone along with it: Of which it mayn't
be amiss to make this one Observation,
to wit,

XXXIV. That the Chalk-Stones voided from the Joynts of Gouty Perfons, and the Gravel Stones found in the Bladders of such as were afflicted with this Distemper (perhaps the Stones found sometimes in the Gall-Bladder, but of this I can affirm nothing) are, to all their essential Qualities, the same. They have both the same Colour, Taste and Smell; they yield both the same Principles, and produce the same Appearances,

pearances, when treated chymically. They have both the same internal Texture of Parts, as far as can be known, and even the same outward Shape, when unbroken and unconfin'd by hard Substances; and they generally happen to one and the same Person: At least it seldom comes to pass, that any one is much troubl'd with the Gout, but he has the Stone at last. And this shews that they are both owing to the same Conformation of Parts, and other general Causes. It is true, some have fuffer'd violently by the Stone, who never had the Gout; but this may be owing to a special, hereditary Narrowness and Stiffness of the Urinary Passages, in respect of the other Vessels; and a particular unhappy Texture of Parts, as it happens to some other Organs in other Persons: For fat People have smaller Vessels in proportion to their Stature than lean. But in the general, it is pretty constant, that those who suffer long under severe Fits of the Gout, seldom escape the Stone. Dr. Cyprianus, the late

late ingenious Cutter for the Stone, had observ'd, that those who only drunk Malt Liquor were seldom ever violently afflicted with that Distemper: And among many hundred he had cut, he had never found one, who had only drunk Ale or Beer. Whether this was owing to the lesser Quantity of Salts in those Liquors than in Wine, or to the Slipperiness they induce upon the Bowels and other Vessels, or to both, I will not here take upon me to determine. But I believe the Fact is, both in the Stone and acquir'd Gouts, that those who only drink Malt Liquors, without Wine or Spirits, are feldom violently afflicted with either. And for the same Reasons it comes to pass, that the Gouts and Gravel of the Sex, are feldom fo severe as in Men; they generally drinking less Wine, and feeding less of Fish and Flesh Meats. And that in the Gouts, both of Men and Women, who drink no Wine nor Spirits, any little proper Medicine has entirely kept off the Pain, and prevented the Fits. I know an antient

antient Gentleman, formerly treated pretty roughly by the Gout, who drinking only Malt Liquors, has, for sever ral Years, with certain Success, entirely kept off the Pains and Fits of the Gout, by taking only every Morning, regularly, a Pint of warm White Wine Whey, to encourage Perspiration: Which when he neglects to do, they as certainly return. We may therefore conclude, 1. That fince the Gout and Gravel Stones are, as to their essential Qualities, much the same; and since 'tis hardly possible to account for the breeding of the Stone, but from a particular Narrowness and Stiffness of the Urinary Vessels, and an abundance of fuch Salts in the Fluids; it is highly probable, that the Gout must proceed from the same general Causes: And this is some kind of Confirmation of the two first Propositions laid down in the beginning of this Discourse. 2. The same Method and Medicines that have been deduc'd from the first two Propositions, for relieving Gouty Pessons, in K 2 the

the Intervals of the Fits, will likewise serve for preventing the Encrease of the Stone and Gravel; as we are certain they do from the best Experience and Practice in this Case. I will now go on with my purpose, and consider an irregular Gout, six'd on these three great Instruments of Human Life, the Head, the Stomach, and Guts.

XXXV. When the Gout has feiz'd on the Head, it is to be treated as any other violent Head-ach, or as an Inflammation on the Brain, or its Membranes; by Bleeding at the Arm or Jugular; Cupping on the Back; Bliftering between the Shoulders, but especially on the Ancles, to give the Gouty Humour a Vent downwards. In young and strong Constitutions, Mercurial and Antimonial Vomits will do Wonders, tho' they are seldom to be ventur'd upon in any Constitution above Forty. The Intention here to be had in View (as in all other irregular Gouts) is to expel the Gouty Humour outwardly upon the

the Muscles or Joynts, and to fix it there. Wherefore in order to carry it to as great a Distance from the noble Organs as may be, a free Passage is to be open'd to it on the Limbs, by blistering the Ancles and Wrists; and to promote its Conveyance thither, gentle Stomach Purgers are to be pour'd down continually, two or three Spoonfuls every third Hour, till the Effect is obtain'd. And for this end, I recommend principally Tincture of Hiera Picra with compound Spirit of Lavender, and a few Drops of Tincture of Snakeweed, and Tincture of Diambra, as being one of the most powerful Expellents, and an excellent Strengthner of the Stomach and Bowels. Its common Mischief is little to be minded here, for the forcing Blood or the Piles will carry the Gouty Humour along with it; and these Disorders are but Trisles in respect of an irregular Gout. This Method will either spend the Gouty Humour, or turn it to a regular Fit. But here Care is to be taken that the Medicines (79)

dicines be not too hot, especially in young sanguine Complexions, lest an Inflammation on the Brain, or its Membranes shou'd turn to a Phrenzy or Fever: But there is less Danger of this, because the Gout in the Head seldom happens to the younger, except through much and long Intemperance.

XXXVI. The Gout in the Stomach is a common and less dangerous Case; for the Gout seldom comes on and goes off without touching there by the way. In the slight Touches of it, any little Stomach Purge will fet it a packing. But it is more obstinate towards the Decline of Life; when it settles in a constant Pain, nauseating and kecking in the Stomach. Vomits are reckon'd dangerous in the Gout, lest they shou'd derive the Humour on the Stomach: But there can be room for no fuch a Suspicion here. Wherefore upon the first Seizure of the Stomach, a Vomit is instantly to be administred, and repeated according to the occasion of the Case: dicines

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Case: After that Hiera Picra as is before caution'd and qualify'd, with a hot Sinapism, or Blister on the Ancles: And last of all, the highest Cordials, and most generous Wines, may be freely indulg'd, without fear of Inflammation. Among the Cordials, I wou'd recommend the Electuarium de Ovo, as containing Campbir (the most constant and active Diaphoretic, and the most useful one for that purpose) and some other of the richest Cordials. After all this Management, shou'd the Gout still continue in the Stomach, and become habitual (which it feldom does after fuch a Method taken in time) nothing but a long Course of the Bath Waters with Steel, Bitters, and gentle Stomach Purgers, a regular Diet, and proper Exercife, can effectually cure it.

XXXVII. The Gout in the Guts, on its first Seizure, may be easily treated, as a bilious Cholic; only the Opiats, commonly and justly given in the Cholic, are not here to be us'd, but in the last

last Extremity. But this Distemper ought to be treated altogether in the manner prescrib'd in the former Section, about the Gout in the Stomach.

XXXVIII. There remains but one Distinction more of the Gout, and one which has not hitherto been much confider'd: For as the Cholic or Asthma is, fo the Gout may be, divided into the Humorous and Nervous; tho' this Distinction depends more upon the Complexion of the Patient, than the abstracted Nature of the Distemper. The Humorous Gout happens only to People of grosser Habits, more robust Constitutions, and more stiff and springy Fibres, and is the Gout which I have been hitherto treating. All I can further add to what has been said, is, that under the Fit White Wines are more eligible than Red; because those part more readily with their Spirits, and are less astringent than these. And for the same Reason in the Intervals, the Red is preferable to the White: Tho' neither Act.

ther of them, in either Case, be useful or necessary, but because Custom or Habit, which it is not fafe to alter suddenly, has made them for For in all the Ottoman Empire, where little Flesh Meat, and no Wine is us'd; and in Spain, where they use them very moderately; and among the wild Mountaineers in the Northern Countries; and the lower Rank of the People in every Country, where they can procure neither, there is little or no Gout. Rubbing the Part affected with a foft Hand, or warm Napkin, as strongly as the Patient can bear it, is the ready way to make the Humour perspire in the Fit. And Cold Bathing, and rubbing with a Flesh Brush, Morning and Night, are some of the most certain outward Means, to bring Strength and Nourishment into it, in the Intervals.

XXXIX. Having mention'd Cold Bathing, I am the more willing to fet this so safe and universal a Mean, for the Recovery of the weaken'd Parts,

after a Fit of the Gout, in a clearer light; because a groundless Jealousy of the Danger of its throwing the Gout inwardly, has made it univerfally difus'd. Nothing made a greater Noise upon its first Restoration, and nothing cou'd have funk lower in its Reputation fince, than Cold Bathing: And it will always happen so in things fitted to the vulgar Capacity, when they are univerfally prescrib'd, without Distinction and without Choice. Those who know how greatly Foulness and Uncleanliness promote Epidemical, Pestilential and Infectious Distempers, can only tell what Cleanness contributes to Health. The Eastern People (whose Laziness, in other things, is owing to their Climate) have found Cold Bathing and Ablution so necessary to their Health, that they have made it a part of their Religion, as it is a Precept of a Religion of a nobler Extract, from whence they borrow'd it. If the modern Doctrine be true, as I really think it is, that the smallest Fibres, or those of the last

last Division, in animal Bodies, be not open and pervious, but folid; then it may be affirm'd, that warm Water (I mean pure Element, endu'd with no Medical Principle) by the active Power of its Heat, must necessarily relax such Fibres. And that cold Water from the Nitre, which produces its Coldness, must necessarily contract them. The Tumour of the Gout, like other inflammatory Swellings, is owing to an Obstruction, or to the Gouty Humours flowing faster by the Arteries, than it can be receiv'd by the Veins; the Smallest or Capillary Vessels are thereby extended and stretch'd, beyond their natural Power of Restitution; so that when the Gouty Humour is spent by Perspiration, or driven into the Veins by the succesfive Stroaks of the Circulation; the Obstruction remov'd; and the Pain entirely gone off; the Vessels continue thus widen'd and stretch'd, beyond their Power of Restitution, for a long time after. And this is the sole Cause of the long and tedious Weakness on the Part L 2 after

after the Fit is over; which wou'd yet continue longer, did not the Coolness and Pressure of the Ambient Air, and the now sufferable Weight of the Cloathing, give the first Impulses to the Fibres towards their contracting themselves again. Now nothing in Nature can so readily or so certainly bring this about, as Bathing in cold Water: For the Nitre in the Water, which is the Cause of its Coolness; and also the uniform equal Pressure upon the Part, which arises from its Gravity and Fluidity, concur to communicate to the Fibres a strong and lasting Impulse towards restoring themselves to their natural State of Contraction. And the Gouty Humour now being spent, and the Obstruction entirely remov'd, as is suppos'd, how can any such Humour be translated upon another part, by cold Bathing, more than if the Person had never had the Gout? Now to make this Remedy still more effectual, after a previous Courfe of cold Bathing, cold Pumping on the part, by the Force of after

of a Pump, or the Fall of Water from a Height, may be conveniently us'd: The wonderful Efficacy of which is no less certain here, than it is in White Swellings on the Joints, where, Ithink, it is a never failing Remedy. I am very well inform'd of the Case of a very considerable Person, who, for many Years before, being tormented with constant and uninterrupted Pains of the Gout, Summer and Winter, by daily Bathing in a Tub of cold Water, has, for these several Years by-past, brought them to regular and periodical Fits, at the Cardinal and Critical Seasons only; and of no longer Duration than usual. I know also an ingenious Physician, who, after a Fit of the Gout, goes daily into the cold Bath, till the part has recover'd its natural Strength, which constantly happens in much less time than it wou'd do otherwise. And many others, who are confiderably strengthen'd, and preserv'd from catching Cold, by cold Bathing in the Intervals of the Gout; tho' this Practice is very cautioully oully to be gone about by the old and weak.

XL. The Nervous or Flying Gout (both which I take to be the same, and to differ from the Windy Gout, which is nothing but a Hypochondriacal or Hysterical Symptom) is owing to the Weakness, Softness, or Relaxation of the Nerves of those Persons who labour under it. All the Solids of the Body are made up of small Threads or Filaments of different Natures and Textures. They are divided into the Fleshy, the Nervous, the Membranous, and the Bony; and make up the folid Substance of the whole Animal Body: But all of them agree in a greater or lesser Degree of Springiness or Elasticity. And it is observable, that some of the most perfect springy Bodies, are made of animal and vegetable Substances; such as Ivory, Ebony and Whalebone. Wherein the general Nature of Elasticity consists, or what is the particular Cause of the eminent Springiness of animal Fibres, is as hard Allio

hard to explain as conceive; which notwithstanding, is the noblest Instrument of all the Actions and Functions of an animated Body. All the Attempts hitherto made to discover the particular Nature of a Contractile and Distractile Animal Fibre, to me seem insufficient and conjectural. Lewenhoeck has discover'd, by his Glasses, that the smallest Fibre of an Elephant is not bigger than that of the smallest Infect: And if the modern System of Generation be just, to wit, That an Animal or Plant comes from another lesser one; then Growth is nothing, but the unfolding the original Membranes and Fibres: And the Length of every Fibre is the same in the youngest, as in the full grown Animal or Plant. So Growth and Motion both, that is, the whole Business of the Animal Life, is owing to the Springiness of these Fibres. The best Resemblance I can make of them, is that of along Hair, or small twisted Gut, which, when stretch'd to any length beyond its natural State, will restore

restore it self again to its former Dimensions. And in this Contraction and Restitution of an Animal Fibre, the greatest Mysteries of the whole Structure consist. As there are some People who have hard, gross, stiff Hair, with a strong Spring; so there are others, who have foft, fine, weak Hair, with a feeble Spring: And generally speaking, as the Hair is, so the Threads, Filaments and Fibres of the Body are. Those whose Fibres are soft, fine, weak and of a feeble Spring, are generally faid to be of weak Nerves, and liable to Nervous Distempers. And here we may observe the Difference between more tense and stiffer Fibres, and more springy and elastick ones. All the Fibres of the Body are in a State of Distension, as is evident from the gaping Lips of Wounds. Two Persons may have Fibres of the same Degree of Springiness and Elasticity; and yet in their natural State, and original Formation, the Fibres of the one may be more stretch'd, bent and distracted, and consequently restore more

more stiff and tense than those of the other; whereby the more stiff or tense Fibres making a greater Resistance, and being with more Difficulty stretch'd and widen'd, will give more Pain, when a gross Fluid passes thro' them, than less stiff or tense Fibres will. Which gives an Account why of two Persons, both of them of weak Nerves, the one shou'd have the Gout, the other be free from it. Persons of weak Nerves must necesfarily have less Strength, a weaker Pulse and Digestion; a slower and more imperfect Circulation of the Fluids, and a less free and perfect Perspiration; and if they happen to indulge in strong Meats and generous Wines, they must become subject to Hysteric, Hypochondriac and Cephalic Disorders. But if, together with weak Nerves, a greater Degree of Tensity or Stiffness be join'd, under the fame Circumstances, they will be liable to Gouty, together with the foremention'd Disorders. But by reason of the Natural Weakness and less Original Springiness of their Nerbe less painful and more constant.

XLI. Coroll. From this Account of the Nervous Gout and other Nervous Distempers, 'tis plain, all Evacuations (except the most gentle) must be prejudicial in them. Gentle Vomits, as they cleanse the Stomach and Bowels, and principally as they free the Nerves from all extraneous Bodies, and increase the Perspiration, by the violent Convulsions and Contractions of the internal Muscles and Membranes; Blisters, as they open the Obstructions of the small Vesfels, by their external, and thin the fizy Juices by their internal Efficacy; I fay, both these Evacuations, may not only safely, but with great Advantage, be us'd in Nervous Cases. But all violent Purges and excessive Bleedings, are religiously to be abstain'd from, as encreasing the original Weakness. Purges in People of weak Nerves, in Chronical Cases, carry off a great part of the Nourishment of almost three Days. Vomits, \$1017

Vomits, on the contrary, carry off only those Crudities, that send up to the Head and Nervous System, the noxious Fumes and Vapours that cause their Mifery. Purges relax and weaken the Fibres of a natural and necessary Function, to wit, those of Digestion: Whereas Vomits can but weaken the Action of Muscular Fibres, less us'd, strong in themselves, and not so necesfary to Concoction; as is evident from Monsieur Chirac's Experiment about Vomiting. Purges carry off little, but what wou'd otherwise pass off, in time, by the natural Course of the Peristaltic Motion; and generally leave behind them what wants the inverted Motion, as they found it. Whereas Vomits pump up those Crudities, that Nature it felf wou'd (gladly, fo to speak) throw up, by the same Organs, the same way Nature tends. Lastly, sour and acid Humours, lodg'd in the Stomach and Guts, must necessarily weaken both, more than either gentle Vomits, or Purges possibly can; M 2 with may

with this Difference tho', that a very gentle, natural, or artificial Purging, continu'd for any long time, in Persons of weak Nerves, shall both weaken the Person, and waste the Muscular Flesh. Whereas you shall find, after several Months daily Vomiting, in a Sea Voyage, a Day or two's Refreshment ashoar, restores the Person to a greater Degree of Alacrity and Strength than before: Whence it comes to pass, that Persons of weak Nerves are so much reliev'd and rais'd by Vomits; and, on the contrary, so much sunk and depress'd by rough and strong Purges in Chronical Cases. What farther is to be expected in such Cases, is to be done by a regular and strict Diet, fitted to the mere Necessities of Nature. Strengthners of the Digestive Faculties, (and here the Bark and Steel claim the first place, as being the most certain Strengthners of weak Nerves) gentle and constant Exercise, as encouraging the Perspiration: Aromatic and Spicy Bitters, Volatile and attenuating Medicines, and whatever MINEW

may be thought fit to nourish, comfort and support the Animal Functions.

XLII. Having had frequent occasion to mention the Bark, as being absolutely necessary to the Subject I treat; it may not be amiss to remove one Objection against it; and the only one I have ever heard or read made with any Shew of Reason. I have taken as much of it my self, and as often, and have prescrib'd it as freely as any of my Age, I believe; and never observ'd it, either in my felf or others, do any Hurt, except when it has been injudiciously and improperly prescrib'd, and that in continu'd acute Cases only. The Objection is, that it often leaves behind it a bad Habit, a Scorbutic, Cachectic, or Hectic Constitution; bad Lungs, Liver, or Stomach; or some of the great Viscera spoil'd or corrupted. But the Mistake in this Objection lies here, to wit, that few Constitutions break, and seldom any of these great Organs become vitiated; but they begin with an interintermittent or periodical Fever. And these I have constantly observ'd to be of that kind, and approaching that Season, which Sydenham most judiciously distinguishes from Vernal ones, and calls Autumnal Agues; and are indeed symptomatical only, arising from beginning Obstructions in the whole Habit, or in these greater Viscera: where all Nature is at work, and the whole Organs labour and struggle to thin the sizy Fluids, and to open the obstructed Bowels; but not being able to bring about this End, Nature succumbs after every Feverish Fit, thus excited, into a worse State. And even here too, the Bark does all its proper Office, in quenching, to wit, the violent Paroxysms of the Fever, which only can endanger the Life of the Patient: and allows time for other Medicines to act. But when the Habit is already broken, and the great Viscera already unsound; it cannot be blamed that it do's not restore these; nothing like that being expected from it, or ascribed to it. When the Bark has extin-

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extinguish'd the Feverish Fits, which threaten Death to the Patient, a Reprieve is obtain'd: in which, by deobstruent and attenuating Medicines, Health and Life may be fecur'd. In relax'd Nerves of the Primæ viæ; in almost all forts of Nervous and Cephalic Diseases depending on these; in all Gouty Diforders in the Alimentary Passages; in all Nervous Gouts; in all Intermittent and Periodical Distempers, or Pains whatfoever: 'tis preferable to any thing hitherto us'd; only in very cold Stomachs and Constitutions, I have found a Decoction of the Indian Bark, by fome call'd Elatherium, to be yet more effectual and strengthning; as it will also more readily remove the Periodical Disorders of such. But the Peruvian Bark I never found did any Hurt, but in acute continu'd Cases; where it runs into violent Purgings: And in the Monthly Purgations of the Sex, which sometimes it will obstruct; and therefore it ought not to be given without Steel;

Steel; which ought also to be added, when it is given in Chronical Cases. It were to be wish'd only, in these Cases it gave the same Relief the second and succeeding times it does the first.

XLIII. I have formerly observ'd, that when the Gout becomes dispers'd over the whole Habit, or fix'd and fettl'd on a particular Joint, Mercurial Vomits and Purges were absolutely necessary to dislodge it. But there is one Species of the Gout which miserably torments its Subjects, and yet yields not to that, or very rarely to any of the Methods in use; I mean the Gout on the Hip-Joint, when fix'd and constant, commonly call'd the Sciatica; and yet treated after the manner I'm to explain, never fails of a perfect Cure. Foundation of the Method I had from the late most Learn'd and Eminent Physician Doctor Archibald Pitcairn; he having communicated it to me under no Restriction of Secrecy, I think my self oblig'd

oblig'd to publish it to the World, for the Benefit of the afflicted. I have us'd it with great Success these several Years, and I think have improv'd it in several Particulars of the Management; and so never fail of a perfect Cure, if the Distemper is a genuine Sciatica, tho' of many Years standing; and after having baffled all other Attempts. It consists in taking from one, two, three Drams, to half an Ounce (according to the Strength of the Patient's Stomach) of the Ætherial Oyl of Turpentine (that which comes off between the Spirit and Oyl, in drawing off the common Oyl of Turpentine) in triple the Quantity of Virgin Honey in a Morning fasting, for four, five, fix, or eight Days at farthest, intermitting a Day now and then, as the Patient's Occasions require, or his Stomach fuffers by it: In drinking, after it is down, large Draughts of Sack-Whey, to fettle it on the Stomach, and carry it into the Blood: And lastly, in taking a proper Dose of Matthew's Pills every

every Night, that Day the Medicine is fwallow'd. This Course never fails to remove the Violence of the Pain, and to leave only a Weakness on the Part. To remove the groffer Remains, and strengthen the weaken'd Part, I order a Dram to two Drams of Flower of Brimstone, for some time, twice a Day, in a Tea Cup full of Milk. If through great Intemperance, or a violent Cold, the Patient relapses, I order the Repetition of the former Medicines for a Day or two, which commonly sets it a packing. And last-ly, to strengthen the Prime Vie, and enliven the Spirits, I advise Bath or Spaa Waters with Steel, and Bitters with Volatiles; and perhaps pumping on the Part affected, which never fails to perfect the Cure in a genuine Sciatic. And I hope it may be of some use, to have a Method of Cure for this Distemper, so plainly laid down, so effectual in it self, so easy to the Patient, and so restorative of his Constitution

tution in general, in respect of those Tortures and the nauseous Load of Medicines the afflicted are forc'd to go through in common Practice. The great Efficacy of this Course confists in the Ætherial Oyl: It has been common to prescribe a few Drops of the Oyl of Turpentine in cold Rheumatisms and fix'd Pains on the Joints: But this seldom proves effectual in the Sciatica: Whereas this Ætherial Oyl, having all the Penetration of the Spirit, together with the Softness and Detergency of the finest Balfam, but chiefly being of such Lightness, that any Quantity of it may be given, that can stay on the Stomach, or be kept down by frequent Draughts of any foft Liquor, especially Sack-Whey: which by its Milkiness uniting readily with the Ætherial Oyl; Penetrates into the least and finest Vessels, and the most secret Recesses of the Animal Oeconomy; opens their Obstructions; dissolves the glutinous Gellies in the Joints; cleanfes

fes the insides of the Tubes, and makes all pass by Perspiration. The Rule whereby to accommodate the Dose to the Patient, is to order it so, that it mayn't be so much as to recoil upwards; to prevent which, a large Quantity of Sack-Whey is order'd: And it seldom moves above once downwards; but lest it shou'd go farther, in the subsequent Doses, the Pills take place.

XLIV. As to Topicks or outward Applications, to ease or relieve the Part affected in a Fit of the Gout; they are dangerous, unless discreetly manag'd. In the frequently mention'd Cardinal Fits of Spring and Autumn, when, through Ignorance or Neglect of the Methods hitherto laid down, they shall happen Regular; I would by no means encourage any such outward Application of what kind soever hitherto discover'd, except in the very last Extremities of Pain. In the Regular Gouts

at those Seasons, these Fits are not to be tamper'd with in any manner, but in the way formerly directed. For the Habit being loaded with the Gouty Humour and Salts, must be allow'd a time to discharge it self, and drive them out of the Body; otherwise Life must be endanger'd by a putrid or malignant Fever: And these being the Seasons when the Humours naturally undergo some Alterations; if the Gout be thrown upon the extreme Parts, Nature must not be disturb'd in her Operations: But whatever is to be done, is to be directed to encourage and fortify her in her own way; and to affift her to expel the last Breathings of this Humour upon the Parts most remote from the Head and Heart, the two Sources of the Motion of all the Fluids: (which has been the Intention of all the Methods and Medicines prescrib'd in this Treatise:) For thus the Blood will be purify'd; the Spirits reliev'd from their Oppression; the Joints render'd pliable, and.

and all the natural Functions fet at liberty. When these Fits are over, any thing that is just and probable, and attended with no Danger, for lessening the future Fits, and lengthening their Intervals, may be try'd. But in the Fits falling out of these Seasons; in the tedious and lingering Fits of those broken with Age, and Habitual Gouts; a well chosen outward Application may be fafely and fuccessfully us'd; especially, if at the same time gentle Stomachic Purges be administred; or a Blister on the Ancles or Wrists be open'd, to let out what may be repell'd by the Topick; and thereby to secure the noble Organs. For let Pretenders brag what they will, I know of no outward Application, hitherto discover'd, but what by its Sluggishness stops the natural Perspiration: Or by its Activity counter-acts the Direction of the Circulation; and consequently repels the Humour in some degree or other. But by thus opening a Way for the Humours

mours to pass elsewhere, the Part affected may be much reliev'd by proper Applications. Fuller and Bates give the Forms of some; and Doctor Pitcairn was exceeding fond of, and held as a great Secret, that which himself has publish'd in the last Edition of his Treatises, which is made of two Ounces of white Arsenick, and fix Ounces of Live-Lime Stone, put into four Quarts of boiling Water, set in a warm place twenty four Hours: Stoups of this apply'd warm to the Part, he had found effectual and fafe. That which I wou'd rather recommend is Stoups of a Decoction of Butterburr, Ground-Pine or Camomel Flowers, or any Aromatic bitter Plant in Milk; or a Pultis of the Head of a Sack-Whey Posset, or any fuch foft and active Application, to moisten, soften, relax and open at first; and towards the Decline of the Fit a Mithridate or Venice Treacle Plaister; the Emplastrum Stomachicum Magistrale, or the like, to strengthen, warm and comfort; OHW

comfort; especially if with these last a stomachic warm Purge be join'd. As to Symptomatic Gouts, there can be no place for them, in the Doctrine hitherto laid down. For on the Supposition, that the Gout is owing to a particular Texture and Conformation of Parts; where that Texture and Conformation of Parts is, and the Materials for forming the Gouty Humour is supply'd, there the Gout must necessarily be, without the Concurrence of any other Distemper: And where these are not, there it cannot be, let the Person be subjected to what other Distemper soever. And if a Person be subjected to two Distempers, in the Cure of the one, due regard is to be had to the Cure of the other. What has been said is all I intend at present on this Subject.

XLV. For a concluding Observation, we shall take notice, as it is only the Rich, the Lazy, the Voluptuous, who who suffer most by the Gout: (I mean Acquir'd Gouts, and those hereditary ones enrag'd by Luxury) so those only, who have spent their Life-time under its Tortures best can tell, what astonishing Miseries Wealth and Vice bring upon Human Kind! When the Gouty Humour has seiz'd upon all the Noble Principles of Life, when it has broken, subdu'd and obstructed all the fine Pipes, and slender Passages, in whose Openness and Soundness all the Exquisite Sensations, all the Delicate Usages of the Animal Faculties consist. When nothing but Pain, and melancholy, frightful Ideas, horrible Dreams and brack Despair remain; who wou'd not have parted with the Richest Delicacies, the most Delicious Wines, and the most Enticing Vices, for a plain, simple Diet, an useful laborious Life, Freedom from Pain, and a good Conscience? TEMPERANCE only, Divine, Innocent, Indolent and Joyous Temperance can Cure or effectually

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fectually Relieve the Gout. For let Us, or our Brethren the Quacks, brag what we will,

Tollere Nodosam nescit Medicina Podagram.

FINIS.



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