

A full and plain account of the gout; from whence will be clearly seen, the folly, or the Baseness, of all pretenders to the cure of it: In which every thing Material by the Best Writers on That Subject is taken notice of; and accompanied with some new and Important instructions for its relief, which the Author's Experience in the Gout above Thirty Years hath induced him to impart / by Ferdinando Warner.

Contributors

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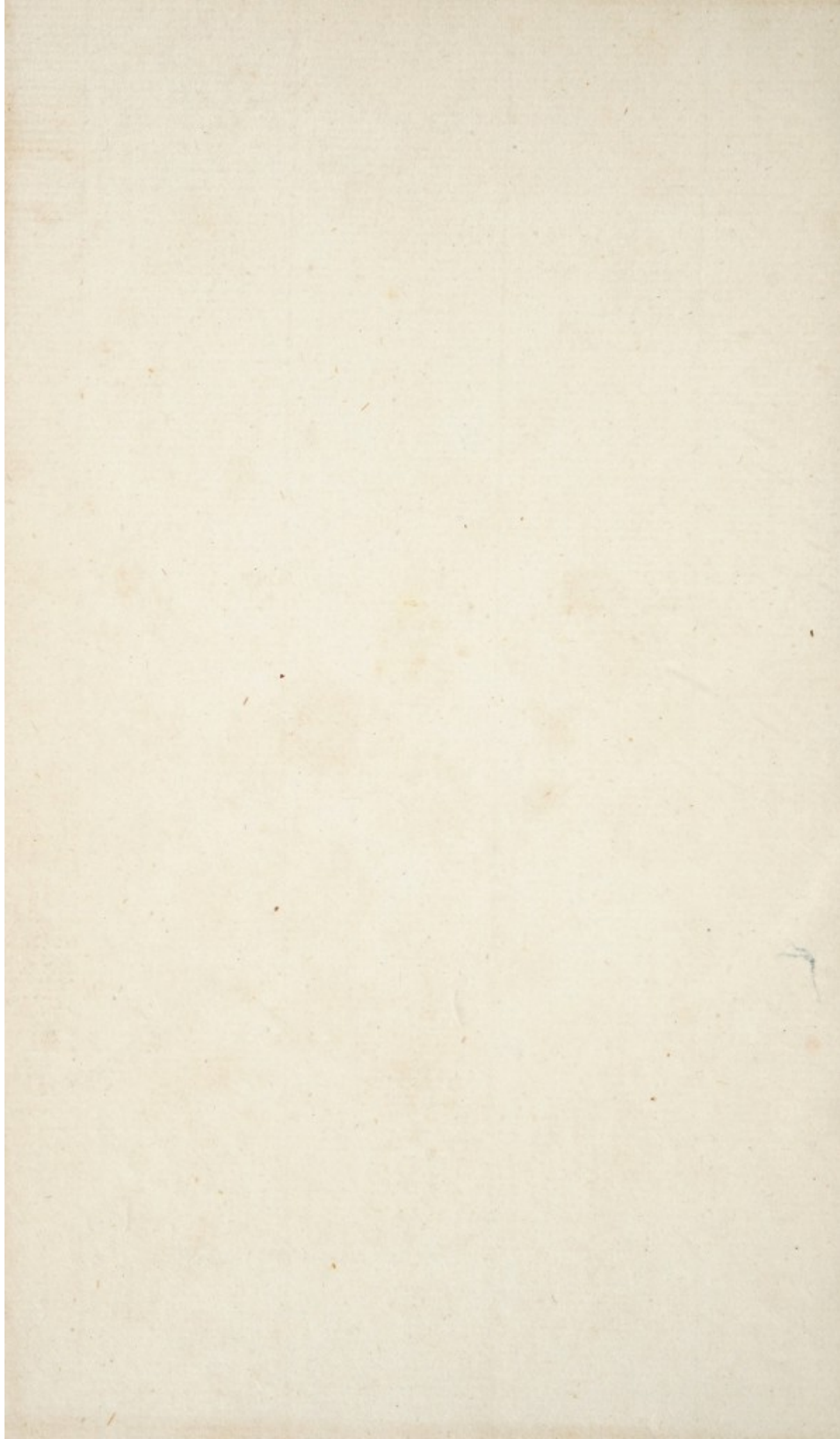
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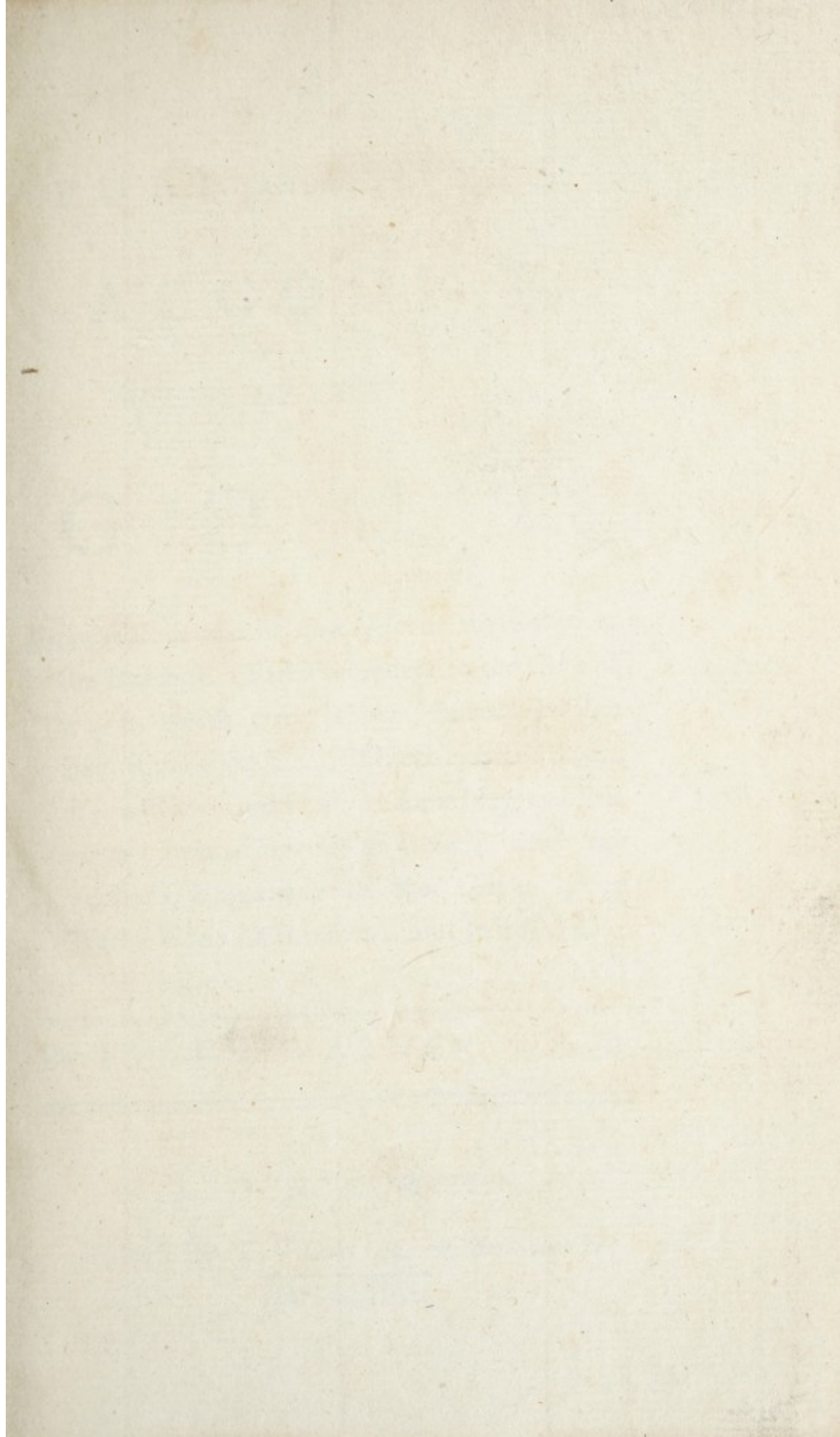
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A
FULL AND PLAIN
ACCOUNT
OF THE
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From whence will be clearly seen, the Folly, or the Baseness, of all Pretenders to the Cure of it: In which every thing Material by the Best Writers on That Subject is taken notice of; and accompanied with some New and Important Instructions for its Relief, which the Author's Experience in the Gout above Thirty Years hath induced him to impart.

BY FERD^o. WARNER, L. L. D.

L O N D O N:

Printed for T. CADELL, in the Strand,
MDCCLXVIII.



From whence will be clearly seen, the Policy of
the Statute, of all Provisions to the End of
it: in which every thing Material of the
Self Witness on That Subject is taken notice
of, and accompanied with some New and
potent Instructions for Relief, which the
Author's experience in the Court above
Thirty Years hath induced him to present
I think that I have not too much to say

BY FRED. WARRER, LL.D.
I think that I have not too much to say
in this regard of
Printed by T. Cadell, in the Strand.





THE DUKE OF
P O R T L A N D.

MY LORD DUKE,

THOUGH it must be owned
that it is stepping a great Way
out of my Profession to write on a
Physical Subject, yet I presume to
think there is but too much Propriety
in desiring Your Grace's Patronage of

a Treatise upon the GOUT. I am not conscious that any Care, or Fidelity, hath been wanting in it: but it is not within the Meaning of my Request, that Your Grace should be answerable for the Composition; and much less for the System that I have thought fit to embrace. As far as it is found Consonant to Truth and Nature, I have no doubt of Your Grace's Countenance: and where it is not found so, neither will I desire, nor will Your Grace's Integrity permit You to recommend it.

A fair Field, MY LORD, is here opened to me, in which I might display, according to the Fashionable Mode of Dedications, Your Grace's many Public and Private Virtues. It is true too that I could expatiate,

DEDICATION. ♣

with the utmost Sincerity, on an Example so Illustrious at Your Grace's Time of Life, and so Uncommon in the present Age. But Public Praise, MY LORD, however justly merited, is generally interpreted into Flattery: And Your Grace is too Noble and too truly Great, to be pleased with an Adulation, the Contempt of which is Greatness: Nor, Low as I am in Rank, MY LORD, have I ever yet disgraced the small Share of Literature that I possess, by departing from the Honest Freedom and Simplicity, which ought eminently to characterize an English Ecclesiastic.

BUT I am proud of this Opportunity, which the Custom of the most Classical Dedications gives me, of

vi DEDICATION.

acknowledging myself to be under an Obligation to Your Grace: And if the Performance which I have now the Honour to present you with, should be the Occasion of Your enjoying more Health and Ease than Your Grace would have enjoyed without it—as I flatter myself it may—it will be a very great Pleasure to,

MY LORD DUKE,

Your Grace's

most obedient

most devoted

humble Servant

FERDINANDO WARNER.

P R E F A C E.

MANY are the essays and treatises that have been already written by physicians on the GOUT; and various remedies for the cure of it have been offered to the public, by empiricks and others, with solemn assurances of success. The GOUT however still remains—I will not say with many, “the Disgrace of physick”—but I will say with OVID *, eighteen hundred years ago, it remains beyond the reach of it: and notwithstanding the many impudent boasts of ignorant and interested men, their specifics are an insult upon common sense. It may therefore perhaps appear to be great vanity in one who is not a physician, to imagine that he can throw any fresh light upon this subject; and at the same time that he pro-

* Tollere nodosam nescit medicina podagram.

nounces a cure to be impossible, to presume that he can suggest any new means of relief. The former, except in one or two instances, is not pretended to in this performance: it aims at little more with regard to what may be called the Theory or the speculative part in this disorder, than to collect every thing of importance that hath been advanced upon it; and, as I am not writing for the learned, to make its best philosophy speak a language more intelligible than it hath yet appeared in.

THIS alone, it is to be hoped, will entitle it to the favour of most of the Gentlemen and Ladies who have the honour to have the Gout. It will at least save them the trouble of turning over many books, for what they will find here before them in one view. But it is probable that they may not have had an opportunity of seeing every thing material that Physicians have said upon it: nor can they, perhaps, amidst all the terms of art in which the several reasonings have been veiled, entirely comprehend them: and therefore if I could not avoid a technical term in a quotation, the first time it occurs I have
always

always added a plain one. There is however some Novelty to be found here in the Theory of the GOUT: and in a country where novelty seizes every bodies attention, this is a circumstance—as much as reading is come into disuse—which may give it a chance of being received. But when I say that I have collected every thing of importance, I must be understood to mean, what from my own knowledge and experience I have found to be so; and not the notions which appear to me to be frivolous or prejudicial, whatever stress the authors themselves may lay upon them. Nor will the reader sustain any great loss by this omission: because, as it is well observed by DR. JAMES, “Success in practise, the only thing which can render a theory valuable, hath not yet confirmed the speculations of any author.” Besides, it would take up several volumes, to relate all the visions and whimsies, which fanciful men, among the ancients and moderns, have written on this subject; and in which they contradict themselves, and one another.

I HAVE jocosely called the GOUT an Honour, because it is seriously affirmed by

every physical writer, that it is the Inheritance only of the acute and sensible, tho' others possibly may acquire it. If the reader should chance not to be Gouty, and hath an inclination to indulge any pleasantry upon this observation, though philosophical reasons for it are not wanting, I have no objection: but notwithstanding our advantages, and that our Order is very honourable, (for the greatest men, even kings and emperors, have ranked in it) yet he may take my word, it is not worth his envy.

As to the practical part of this ACCOUNT, that is, such of the instructions as are presumed to be given here and are not to be found any where else, the reader may be pleased to remember, we have an old Proverb which says, that "Every man is a fool or a physician at FORTY:" meaning evidently not in the literal construction of those words, but that every man of sense must have made such observations on his constitution by that age, as to be able from his own experience, without the aid of a physician, to know what sort of regimen, as to diet, exercise, or medicine, tends to injure

injure his health or to preserve it. Can it incur then the censure of vanity in one who is more than Sixty, and who to a studious application to understand this disorder from his youth—having had a touch at seventeen—hath added the observations made from his own experience above thirty years, to suppose that he may be able to furnish many of his Gouty brethren with some few means of relief that have not yet been pointed out? I persuade myself that it cannot. It is sufficient however for my justification, that in every thing which I have advanced myself, I am supported by the authority of the illustrious SYDENHAM: And yet knowing the wit and censure which is generally let loose upon an author who ventures on a physical subject, and who is not of the profession, I should naturally have concealed my name. But a work of this kind without a name, or with a fictitious one, would have justly deserved no credit. I chose therefore to set my name, whatever illiberal criticism it may occasion, that I might make myself accountable to the publick, for every thing delivered here, as my own experience, or opinion. Indeed in the preface to my last

history about eight months ago †, I had taken my leave of the publick as a writer, with an intention never to appear again in print: having exceeded my share in the literary service of my country, and being convinced there is a time for every one to retire. But there is something in human nature, which gives the mind a sort of bias towards those whose situations are similar to our own. Conceiving therefore that it was in my power, to increase the health and ease of a vast number of people that were my fellow sufferers in the Gout, I fancied it to be my duty to break through the design which I had formed, and once more to attempt at becoming useful.

THE Gentlemen of the Faculty, if any such should deign to look into this performance, will soon perceive it was not intended for Them: And if it should be objected that I have infringed their province, I shall only add to what I have just said, that it will be very hard to be blamed for pointing out to others the rock upon

† History of the rebellion and civil war in Ireland during the reign of Charles the First.

which I have been fatally wrecked myself: especially as I was morally sure that an application to this work would cost me at least One fit of the GOUT; and it fell out accordingly. It is certain however, that beside much experience in myself and others, physicians cannot allow so much time in the study of any ONE disorder, as I have given upon the GOUT. Neither can any physician, who is not himself a Gouty man, be so well acquainted with the little circumstances in the progress of this distemper, which are necessary to be known, as an attentive arthritick who is not a physician: for almost every fit produces something new for his observation.

BUT to give no room for suspicion of any pertness, I will add the following facts. SIR EDWARD HULSE, an excellent physician, made no scruple to own ingenuously that the GOUT was a disorder he could not understand; and that he wished never to be called in to advise upon it: And once when my Gout was misplaced upon the pleura, and the apothecary being alarmed at my own treatment of it, hurried away without my knowledge to DR. MEAD

(with whom he knew I had the honour to be well acquainted) the Dr. was pleased to tell him that I had done very right, and he might trust me safely to myself. These are ample proofs surely that in the opinion of these two great physicians, experience in this distemper is the safest guide. I know however so much of the inevitable intricacy of the science of physick, that no one can honour an able and an honest physician more than I do. He is an ornament to his country, and a blessing to mankind. But the many sleepless nights of agonising pain that I have endured, and the great lameness I still suffer (which had it not been for the prevailing opinion of physical writers on the Gout might probably have been prevented) may have induced me perhaps in this work to trespass a little on the complaisance, that, for the sake of the profession, should have been observed. Let none of the faculty therefore be offended, and take this treatment to themselves.

As every mortal perhaps hath a constitution of a temperament peculiar to itself, so the Gout of no two persons may be exactly

exactly similar in all its circumstances; and may therefore require a variation in the management of it in some few particulars. The general rules however will hold good: And I know that I should have thought myself very happy, even seven years ago, after all my study and experience till that time,—in which not many I presume have gone beyond me—if I had met with such instructions as the Gouty will meet with here. I have no interest to serve, no nostrums to conceal, nor any specific medicines for a cure to recommend: And as I had no other view in publishing this ACCOUNT, than the hopes of doing good even when I should be called from amongst the living, so the reader hath now before him all the useful knowledge that I have acquired in this distemper, through a long course of pain, of reading, and observation on myself and others*.

THERE

* Lest any of the readers of this treatise should know so little of SYDENHAM, as to be surprized at the religious reverence in which I hold his authority, and the great use I make of it through the whole, I shall give his character from BOERHAAVE: Lamenting the inferiority of the moderns, he says, “ I can only mention one great man T. SYDENHAM, the ornament

x P R E F A C E.

THERE is one case indeed, and a very important one, which doth not seldom happen, that of wanting the GOUT as the most effectual remedy for other ills much worse than its own—and many such there are—; in which it was impossible to give directions that would effectually succeed, without knowing the age, the constitution, the particular malady, the way of living, and other circumstances of the patient; and therefore the advice of a physician is absolutely necessary. In the numerous cases of an irregular GOUT, to which I give the name of the GOUT MISPLACED, very accurately distinguished and described here from MUSGRAVE, the patient must procure the best assistance that he can get. For though to these instructions I could have added prescriptions also in the several cases from the same able hand, yet as I thought it very probable that many people would be tampering with themselves, with-

ornament of England, and the APOLLO of the art; whom I never consider, but my mind presents me with the genuine picture of an Hyppocratic physician, and to whom physick is so much indebted, that all I can say will fall short of his merit.”

In Orat. de commend. stud. Hip.

out

out knowing how to proportion the different remedies, to their age and constitution and other circumstances, I judged it was kinder not to put it in their power; but to leave them in these cases to the care of the profession, and to confine the directions to diet and domestic remedies.

IN all Other cases respecting the GOUT, I hope every thing will be found here that may be necessary or desirable: And if I should make the life of any One Gouty person, much more easy and more chearful than it would have been without this performance, let the reader impute it to vanity, to folly, or to what he pleases, I shall be satisfied. For though it was originally intended only for the private use of my own family, yet I was confident enough of it to be persuaded that it would be of utility to many more: And I had hazarded my character too much as a Writer, upon great works of other kinds, to be in any degree solicitous about the reception of this ACCOUNT OF THE GOUT.

Barnes,
Oct. 20th, 1767.

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different remedies to their age and condi-
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cussion to the history and doctrine of the
disease.

In all other cases respecting the Gout,
I hope every thing will be found here that
may be necessary or desirable: And if I
should make the list of any One Com-
pound more than one, and more chearful
than it would have been without this pre-
face, I am sure the reader will impute it to
my vanity, rather than to what he perceives I
shall be oblig'd to do: though it was
of great use to the public, for the private
of the Gout, I am sure I was consider-
ably oblig'd to be oblig'd: that it would
be oblig'd to many more: And I had
reason to think that it would be as
useful to some great words of other kinds,
to be in my former lessons about the
treatment of the Arteries of the Gout.

A
FULL AND PLAIN
A C C O U N T
O F T H E
G O U T.

THE Immortal SYDENHAM, the Father of physick in this country, and a most accurate observer of nature in the human body, acknowledges after more than thirty years experience of the GOUT in his own person, “that there are difficulties and intricacies even in the History of this disease:” And others have been candid enough to own, “that the Cause and nature of the GOUT are as little understood perhaps at this day, as they were in the time of SYDENHAM.” Whether therefore the whole cause of this amazing disorder will ever be discovered may be justly questioned; and for my own part I
am

Syd.
works
by Swan,
p. 463.

Swan's
Notes on
ditto,
p. 463.

am inclined to think it never will. Because, beside the reasons for which *ARETÆUS* said, “that the true and undoubted cause of it was known only to the gods,” if we put all the opinions together that have been given of it, many of which seem to account tolerably well for several circumstances in the *Gout*, yet none of the reasons which have yet appeared, have at all explained why, or in what manner, it happens, that very exquisite pain should sometimes move, even out of the head into the foot, with a velocity equal to that of lightning. This is a circumstance, I presume, to which gouty people in general can more or less bear witness; and this is probably one of the intricacies which is meant by *SYDENHAM*: though it hath never, that I know, been mentioned by any writer.

Aph. p.
372, &c.

Medici.
Stati.
p. 400.

THE great *BOERHAAVE*'s doctrine of a vitiated temper of the least and nervous vessels in the body, and also of the liquid which waters those nervous parts; or even *QUINCY*'s supposition of a nervous fluid pervading the whole machine—approved by

by BELLINI, PITCAIRN, and MEAD, tho' denied by CHEYNE and others—will not sufficiently account for this instantaneous transition from one part to another at such a distance. No wonder therefore that physicians have not taken any notice of this circumstance; since the nature of the GOUT is inexplicable enough already, without adding another difficulty which is insurmountable. For if we should suppose that HIPPOCRATES had this in view, when he called the GOUT a Flatus or Spirit, yet we are still as much in the dark as we were before, to know where the seat of this spirit is, what is its nature, or what are the means by which it is generated. Because his "mixture of bile and phlegm being put in motion and subsiding on the joints," which he alledges as the cause of it, will not mend the matter. It would have given us just as good an idea of the GOUT, if he had said with PEREUS, that it is a thing of an incomprehensible nature*.

Essay on
the Gout,
p. 91.
Ingram's
essay,
p. 12.

Indeed

* If no notice is taken of GALEN, ÆTIUS, PARACELSUS, VAN HELMONT, SENNERTUS, SILVIUS DE LA BOE, FERNELIUS, and several other ancient and modern writers, it is not because I am ignorant
of

Bennet's
ess. on the
Gout, p.
131.

Ingram's
essay on
the Gout,
p. 12.

Indeed the principles upon which any certainty in treating the human body ought to depend, are either deeply concealed from mortal ken, even assisted by the best glasses, and the most accurate dissection of the nicest artist, or else but imperfectly discovered at best. "Nor are we yet so happy in our anatomical discoveries, as to acquire any certain ideas in what manner sensation (of which the nerves are avowedly the instruments) is performed." It doth not however follow, because All the principles upon which any certainty in the GOUT ought to be founded are not discoverable, that we should not therefore avail ourselves of such as are to be depended on,

Med. stat.
Quin.
p. 409.

OF this sort I take the following principle to be; *that the GOUT is a disease from the retention of some matter, whether urinous, saline, viscid, tartarous, or earthy, which ought to be discharged.* To illustrate this principle, or to demonstrate the justness of

of their opinions, but because they are contrary to experience; or in the words of COELIUS AURELIANUS, whose work is little better, "they are vain, prolix, and frivolous."

it,

it, let me be permitted to trace whatsoever is taken into the Body, through all the Stages of Circulation, till it is discharged by those Outlets which are provided for it by nature. Hence will appear the many Hindrances to which such Discharges are liable; and when they are obstructed in any of those Stages, in the last especially, what an ample Foundation must be laid for this, and many other Disorders! The First scene of Alteration in what is taken in, is in the Stomach and Intestines, the Offices of which are to make the Chyle; in other words, to break and digest the Materials that tend to Nourishment, fine enough to be admitted through what are called the Lacteal Vessels into the Blood. These are Keil's anat. p. 52. long and slender Pipes which arise from all the parts of the small Guts; the Coats of which are so thin, as not to be discerned in a dead Body by the naked Eye. I once saw them with the Fluid moving in them in a Dog, that was hanged enough to make him insensible of the Pain, and immediately cut open to afford that Sight; and some of them were larger than others. But the Mouths of those Tubes, which open into the Cavity of the Intestines from whence they

C receive

receive the Chyle, are so small, as not to be discerned by the best Microscope. Exquisitely fine indeed then must that Aliment be ground that is to pass through these Vessels; which are smaller than the smallest Arteries in the Body, in order that nothing might enter which would stop the Circulation of the Blood: And with such infinite Wisdom are these great Organs of Digestion contrived, that the absolute Powers of the Stomach, with the addition of the Midriffe and Muscles of the Belly, which also conduce to Digestion, have been demonstrated by Anatomists to be equal to the Pressure, of *“ Two Hundred Fifty Thousand Seven Hundred thirty four pound Weight.”*

THIS Stage of the Circulation of the Aliment is called by the Ancients the First Concoction: and tho' the continual Motion of such a Force upon the Contents of the Stomach, is sufficient, one would imagine, in healthy vigorous Constitutions, to grind All our Aliment fine enough to pass thro' the Lacteal Vessels, yet some is too gross to be thus prepared, and is detached out of the Body by Stool. Hence it follows, that the stronger the Digestion is, the greater Quantity

tity of our Food is sent forward into the Blood; and the weaker it is, the more is supplied to the matter of Excrement. From this general Rule of the First Evacuation, which without extraordinary Circumstances is never deviated from, the following Practical Observation will arise; that a too astringent Diet, and all which causes a preternatural Retention in the Intestines, will force a grosser Juice into the Lacteals than would otherwise get into them: and on the contrary, that a Laxative Diet, or an unnatural going to Stool, will carry off the grosser Juices that way, and leave nothing to pass the Lacteals but what is of the finest Consistence. The lesson which the Gouty are taught from this Observation, to keep the Body always open, is too important not to be regarded, and too plain to be misunderstood.

AFTER the Aliment is thus prepared, and either sent into the Blood, or discharged out of the Body by Stool in the First Concoction, the next Scene of its Alteration is in the Heart and Arteries. These are known enough to every one: And one of their Offices, is to break what is in the Blood

Quin.
P. 41^Q.

Ingr. eff.
P. 32.

and the other Fluids fine enough to be still further separated in the minutest Passages for the different purposes of Life. It may be proper to observe however, that “all the Arteries through the whole animal System have no Ending, and that the Veins are a continuation of them; as appears by injecting Wax or the like into the Arteries, which at the same time fills the Veins: And when the Branches of the Arteries begin to grow small, they send off several Ducts, which are the Vessels intended for Secretion; whose Orifices are of different Dimensions according to the Juice they are to secrete, be it a thicker or a thinner.” These are called by Anatomists a decreasing Series of Vessels: and for the better understanding what is meant by that Expression, as well as some other passages, the following Explanation may be not improper.

“The red Globules of Blood, with all the other parts of the circulating Fluid, which are conveyed in Vessels of the largest Diameter, when they arrive at other Vessels whose Diameters are too small to receive them, are either taken up and reconveyed to the Heart by corresponding Veins [which is called the Refluent Blood] or perhaps being

Doctor
James's
med.
dicion.
artic.
arthritis.

being divided into several parts till at last they become transparent, they circulate forward in the next Series of Vessels, which we may conceive adapted to convey Serum: the next may possibly be capable of receiving only Lymph or Water: the next a Fluid still finer; till at last the most minute Vessels in the Body may convey a Fluid consisting of finer Particles than we can form any Idea of, as not being the Objects of our Senses." But to proceed.—Tho' the Force of the Heart is as surprising as the Power of the Stomach—for I could not hold still with both my Hands the Heart of the Dog abovementioned, when he was first opened—yet such is the Nature of our Aliment when it is got into the Blood, as that some of its Particles will again unite; nor will All of them be broken fine enough by the Heart and Arteries for the Purposes intended; and are therefore strained off by the Kidneys, and discharged out of the Body by Urine.

HENCE it follows as in the First Scene Quin.
of Digestion, that the stronger this Faculty P. 410.
is in the Heart and Arteries, the more is
sent forward into the minuter Passages;

and the weaker it is, the greater Quantities are evacuated by Urine: And from this Rule arises another Observation of a similar Nature with the former; that a preternatural Restriction of the Urinary Passages by whatever cause, will send forward a greater Abundance and a grosser Stock of Fluids, into the Minuter and Remoter Scenes of Separation, than would otherwise get into them; and on the other hand, that a Laxness, and a frequent use of the Urinary Passages, will carry those grosser Fluids through them, and leave what remain much finer than they would otherwise be. Moreover it is to be observed under this head, that the Faults or Defects of the First Concoction may be remedied by this; and the too gross Particles, which were driven into the Blood by an improper Restriction of the Bowels, may find their Outlets at the Kidneys, and from thence out of the Body. Be it remembered therefore by those who have the Stone or Gravel, as well as by those who have the Gout, that the Urinary Passages are to be well employed by Diuretic and Diluting Liquors.

IF in conformity to the Ancients, we speak as most of our present Physicians speak, of a Third Concoction, the Scene of this is in the Fibres, and those fine Threads or Filaments, of which the Solids in the whole Body are formed. These were found by LEWENHOECK, with the help of his Microscope to be composed of many Hundreds of lesser Fibrils bound together by a Spiral one: which indeed were so small, that Six Hundred of them would only make up the Bigness of a Hair of the Head. Many of these Fibres are destined to give a proper Power to all the ^{Quin.} Glands, for the Separation of the several _{p. 411.} Fluids from the Blood; as the Gall in the Liver, the Juice of the Sweetbread in that Gland, and so likewise others for their particular Uses in the Animal Machine. A Gland is a little smooth body wrapped ^{Keil's} up in a fine Skin, by which it is separated _{Anat.} from all other parts; admitting only an _{p. 60.} Artery and Nerve to pass in, and giving way to a Vein and an Excretory Canal to come out. But some Glands are composed of many of these, tied together and wrapped up in one common Skin or Membrane.

Quin.
P. 411.

IN this last stage of Circulation, the Force or Elasticity of the Fibres is the principal Agent; to digest the Fluids separated from the Blood, by their Vibrations and the Influence of Exercise, till being fine enough to pass all the minutest Passages for the several purposes of Life, they escape through the Pores by Sweat, or by Insensible Perspiration. Hence also it follows, as in the First and Second Digestion, that the stronger this natural Force of the Fibres is, and the more their Motions are assisted by Exercise, the greater Quantities of this Matter will transpire through the Skin in an insensible Steam; and the weaker is their Force, and the less their Assistance from Action, the less of this Perspirable Matter will pass through the Pores. Very naturally therefore are we furnished with this Observation, that a Weakness of the Fibres from whatever Cause, and a Want of Exercise to assist their Motions, will leave a great deal more of the Perspirable Matter to be taken back by the Refluent Blood, and thrown off by the opener Outlets than would be otherwise: or else that it will clog the Habit with such Particles, as will lay a Foundation

tion for Pains, and Tumors, and other miserable Complaints. When therefore it is considered, that Insensible Perspiration alone—as SANCTORIUS hath demonstrated—discharges much more than All the Sensible Evacuations together, being as Five to Three, and also that it is the most beneficial of them All, there will be but little Need to add this Instruction to the Gouty, that it imports them greatly to brace the Fibres and keep them firm by Friction and other means, as well as to assist their Vibrations by constant Exercise.

THE Discoveries which LEWENHOECK made with his Glasses will help us to account for the surprizing Discharge by Perspiration: he not only discerned the Texture of the Skin to be Scaly, but he reckoned that in the Compass of one Cuticular Scale there may be five hundred excretory Channels; and that a Grain of Sand will cover One Hundred Twenty five Thousand Orifices through which we daily perspire.

BUT in order still further to abate the Wonder, or to strengthen the Belief, of
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Quin.
P. 45, &c.

the vast Quantity of Matter said to be thus discharged, it may be proper to add, that by the Pores are to be understood not those alone of the Outward Skin, but of the Internal Glands also; as of the Intestines, and other Entrails, the Lungs particularly, the parts about the Mouth, and the common coverings of all the Muscles: And so kind hath our good Maker been in the Frame of the Human Body, that if by any external Cause this Necessary Evacuation is hindered in any one part in a healthy State, it is always increased in another, and discharged by breaking Wind through the opener Passages. For otherwise by its Stay in the Blood and other Juices, there would be made such Alterations as could not easily be remedied by simple Evacuation. It will be proper to observe here, that it is very necessary to distinguish between Perspiration and Sweat, which are too often confounded by many People to their Prejudice; as the one preserves Health, and the other, unless to give Relief from a greater Evil, is injurious to it. Nor indeed is the Matter of them less different than their Effects. We have seen in the Paragraph immediately preceding, that

Sanctor.
Aph. Sec.
1. 21,
2, 3.

that what insensibly perspires, is only such Matter as after a long course of Circulations through all the Fluids, is divested of every thing that can be of further use to any part of the Body, and so finely broken as to pass away without any loss or injury. Whereas the Matter of Sweat, being of a thicker Consistence and supplied more immediately from the Blood, not only robs the Body of a great deal of its Nourishment, but relaxes the Fibres so much, as in a great measure to destroy their Elasticity; upon which Elasticity, the last Digestion, and Insensible Perspiration—and consequently the Health of the Gouty—so much depend. It doth not appear to have been taken Notice of by any Writer that I remember, but it hath often occurred to me, and I cannot help hazarding the Opinion here, that if this Sanctorian Doctrine is demonstrably true, as I presume it is, then it seems to follow, not only that the Gouty should not be abroad in a Damp Air, and avoid Sweating as much as possible, by Exercise or otherwise, unless medicinally intended, but also that *those whose Constitutions make it difficult to put them into a Sweat will never have much of the*

the Gout. As a Proof, in some measure, of the last Conclusion, I have enquired of several who have not the Gout, tho' their way of life deserved it, and I have not met with a single Instance wherein the Rule hath failed.

THE short View which hath been given above of the several Circulations which our Aliment undergoes, hath not only proved the Truth of the General Principle laid down, but it hath afforded some degree of Certainty in the Management which should be observed by Gouty People. The Disorders of the first Concoction go not beyond the Stomach and Intestines, and lie so near the immediate reach of Medicine as to admit of some Certainty in Cure. Those of the Second are more remote: and therefore tho' they require greater Art and Application to be remedied, yet besides the Assistance of Medicine, they will admit of great Influence, from Motion, and a Concussion of all parts of the Body. But in the last stage of Circulation thro' all the minuter Vessels and Passages, in which every thing that is taken in is liable to be altered by so many accidents before its

Opera-

Quin.
P. 412.

Operations are performed and its course is finished, the greatest Skill is scarce sufficient to send a Medicine with any tolerable Certainty of Success. Here therefore a judicious Application of Externals will probably have the best Effect; such as Air, Exercise, and Bathing.

HAVING illustrated the General Principle, that *the GOUT is a Disease from the Retention of some Matter which ought to be discharged*, we may now proceed a little further, and affirm that *whatever this Matter is, whether Urinous, Saline, Earthy, Viscid, or Tartarous, when it is not discharged out of the Body by one of the Evacu-*

Quin.
P. 4.

tions abovementioned, it gathers chiefly in the Extremities, and on the Glands of the Joints. Physicians are not agreed as to the Nature of this Matter; but it falls under one or other of the Epithets abovementioned, and it is not here very material which: it is sufficient to say of it in this place, as I shall speak fully to it in another, that the Matter abounds with such particles as when united in any quantity, obstruct, and tear, and inflame the Parts wherein they settle, to the exquisite Pain of the Gouty Patient.

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Cheyn.
P. 7.

Medic.
Stat.
Essay,
P. 417.

This is a Fact, which does not require any Reasoning to support it: and why this Matter, whatever it is, generally settles most on the Joints of the Limbs, is because in those Joints the smallest Vessels are more compressed by the larger heads or protuberancy of the Bones, and are thereby rendered narrower, and of course more readily obstructed. To this may be added the Smallness of the Glands in the Joints, and the natural Coldness of those parts because of their great Distance from the Heart, which is the origin of the Motion of all the Fluids: Hence the Quickness of the Circulation being diminished, Obstructions there are more readily formed. A Reason somewhat different, though not contradictory, is assigned by QUINCY, why the Gouty Matter settles generally upon the Joints and Ligaments: because the Uses of these Parts require a greater Derivation of that soft smooth Juice, which is supplied in the last Scene of Circulation; and Nature hath accordingly furnished them with Glands on purpose to separate it. Where therefore Particles of the Gouty Matter abound in that Juice, they will be mostly collected in that place where the
greatest

greatest Quantities of the Juice are separated; which is upon the Joints and Ligaments.

THE following History of this Disease, taken without any addition from our ENGLISH HIPPOCRATES—as he is called by Foreigners—will properly be given here; as well to confirm the Principles already laid down, as to shew the Utility of the Practical Observations which are to be made. Let it be remembered however that this History, frightful as it may be, is the History only of the GOUT in its natural Course, when it is not Complicated with other Distempers, nor hath deviated into Irregularities: it will then be still more frightful.

THE GOUT generally attacks those aged Syden.
Persons who have spent most part of their P. 463.
Lives in Ease, Voluptuousness, High living,
and too free an Use of Wine, and other
Spirituos Liguors; and at length, by
reason of the common Inability to Motion
in Old Age, have entirely left off those
Exercises which Young Persons commonly
use. Moreover, such as are liable to this
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Disease have large Heads, and are generally of a plethoric moist and lax habit of Body, and withal of a strong vigorous Constitution possessed of the best Materials for Life. The GOUT however doth not only seize the gross and corpulent, but sometimes, tho' not so often, attacks lean and slender Persons : neither doth it always wait till Old Age comes, but sometimes attacks such as are in the Prime of Life, when they have received the Seeds of it from Gouty Parents, or have otherwise occasioned it by an over-early use of Venery, or by leaving off such Exercises as they formerly indulged to a great degree ; and who besides have had a voracious Appetite, and used Spirituous Liquors immoderately, and afterwards quitted them on a sudden for those of a thin and cooling kind. The GOUT seldom attacks Women, and then only the aged, or such as are of a Masculine Habit of Body : for others who in their Youth or riper Age are seized with Symptoms not unlike the GOUT, receive them from Hysterick Disorders, or some preceding Rheumatism, the Morbific Matter of which was not sufficiently carried off in the beginning. When it seizes a person

far advanced in years, for the first time, it never hath such stated Periods, nor proves so violent, as when it attacks a younger person; because he generally perishes before the Disease accompanied with its natural Symptoms comes to its height; and because the natural Heat and Vigour of the Body being abated, it cannot be so constantly and powerfully thrown off upon the Joints. But when it comes on sooner, tho' it may not yet fix upon one part, nor prove so severe, but affect the Patient occasionally keeping no certain Period, giving only a little Pain for a few days, and coming on and going off without any order, yet it increases gradually, and goes on regularly, both with respect to the Time of its coming and continuance of the Fit, and rages more violently in its Progress than in its Beginning.

THE first Attack of the GOUT is generally about the End of January or the beginning of February, giving scarce any Sign of its approach; except that the Patient hath been afflicted for some weeks before with a bad Digestion, Crudities of the Stomach, and much Flatulency and

Heaviness, that gradually increase till the Fit at length begins; which however is preceded for a few days by a Numbness of the Thighs, and a sort of descent of Flatulencies thro' the Fleshy parts of them along with convulsive motions: and the day preceding the Fit the Appetite is sharp but preternatural. The Patient goes to bed and sleeps quietly till about two in the morning, when he is awakened by a Pain which usually seizes the Great Toe, but sometimes the Heel, the Calf of the Leg, or the Ankle. The Pain resembles that of a dislocated Bone, and is attended with a Sensation as if Water just warm were poured upon the Membranes of the part affected: and these Symptoms are immediately succeeded by a Chilness, Shivering, and a Slight Fever. The Chilness and Shivering abate in proportion as the Pain increases; which is mild in the beginning but grows gradually more violent every hour, and comes to its height towards Evening; adapting itself to the numerous bones of the upper and lower parts of the Foot, the ligaments of which it affects; sometimes resembling a tension or laceration of those ligaments, sometimes the gnawing
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of a Dog, and sometimes a Weight and Constriction of the Membranes of the part affected, which becomes so exquisitely painful, as not to endure the weight of the Clothes, nor the shaking of the Room from a person's walking briskly in it. Hence the Night is not only passed in Pain, but likewise with a restless removal of the part affected from one place to another, and a continual change of its posture. Nor doth the perpetual Restlessness of the Whole Body, which always accompanies the Fit, in the Beginning especially, fall short of the Agitation and the Pain of the Gouty Limb. Many fruitless Endeavours are therefore used to ease the Pain, by continually changing the Situation of the Body and the part affected, which notwithstanding doth not abate till two or three in the Morning; that is, till after twenty four Hours from the first approach of the Fit. About this time the Patient is suddenly relieved by means of a moderate Digestion, and some dissipation of the peccant Matter; tho' he falsely judges the Ease to proceed from the last position of the part affected. Being now in a breathing Sweat, he falls asleep; and upon

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waking,

waking, finds the Pain much abated, and the part affected to be then swelled; whereas before a remarkable swelling of the Veins only appeared, as is usual in all Gouty Fits. The next day, and perhaps two or three days afterwards, if the Gouty Matter be copious, the part affected will be somewhat pained, and the pain increase towards Evening, and remit about break of day. In a few days it seizes the other Foot in the same manner; and if the Pain be violent in this, and that which was first seized be quite easy, the Weakness of it vanishes soon; and it becomes as strong and healthy as if it had never been indisposed. Nevertheless the Gout affects the Foot just seized as it did the former, both in respect of the vehemence and the duration of the Pain: And sometimes when there is so copious a peccant matter in the beginning of the Fit, as that One Foot is unable to contain it, it affects both at the same time with equal Violence: but generally it attacks the Feet successively as above remarked.

WHEN both the Feet have been thus seized, the following Fits are irregular,
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with respect to the time of Seizure and their continuance; but the Pain always increases in the Evening and remits in the Morning: And what we call a Fit of the GOUT, which goes off sooner or later, according to the age of the Patient, is made up of a number of these little Fits. For when this Disease lasts two or three Months, it is not to be esteemed One continued Fit, but rather a Series or Assemblage of small Fits; the last of which proves milder and shorter, till the peccant Matter being at length quite expelled, the Patient recovers: which in strong Constitutions, and such as seldom have the GOUT, happens often in fourteen days, and in the aged and those who have frequent returns of it in two Months. But in such as are more debilitated, either with Age, or the long duration of the Distemper, it doth not go off till Summer advances, which drives it away. During the first fourteen days the Urine is high coloured, and after Separation lets fall a kind of red gravelly Sediment; and not above a third part of the Liquids taken in is voided by Urine; and the Body is generally costive during this time. The Fit is accompanied through-

out with loss of Appetite, Chilness of the Whole Body towards the Evening, and an Heaviness and Uneasiness even of those parts that are not affected by the Disease. When the Fit is going off, a violent Itching seizes the Foot, especially between the Toes, whence the Skin peels off as if the Patient had taken Poison. The Disease being over, the Appetite and Strength return sooner or later, according as the immediate preceding Fit hath been more or less severe; and in consequence of this, the following Fit comes on in a shorter or longer space of time: for if the last Fit proves very violent, the next will not attack the Patient till the same Season of the Year returns again.

In this manner doth the Regular Gout, accompanied with its genuine and proper Symptoms, appear: but when it is exasperated, either by wrong Management, or by long Continuance, so that the Substance of the Body is in a manner changed into Supplies for the Disease, and Nature is become unable to expell it according to her usual way, the Symptoms differ considerably from those just described. For whereas

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the Pain hitherto only affected the Feet (which, being the genuine Seat of the Morbid Matter, whenever it attacks any other part, clearly proves that the Course of the Disease is obstructed, or the Strength gradually impaired) it now seizes the Hands, Wrists, Elbows, Knees, and other parts, no less severely than it did the Feet before. For sometimes it renders one or more of the Fingers crooked and motionless by degrees, and at length forms Stony Concretions in the Ligaments of the Joints; which destroying both the Scarf Skin and the Skin of the Joints, Stones not unlike Chalk, or Crabs Eyes, come in sight, and may be picked out with a needle. Sometimes the Morbific Matter is thrown upon the Elbows, and occasions a whitish Swelling, almost as large as an Egg, which becomes gradually inflamed and red. Sometimes it affects the Thigh, which seems to sustain a great weight, yet without much Pain: but thence gaining the Knee it attacks that part more violently, depriving it of motion, so as to nail it in a manner to the same place in bed: And when it is necessary to move the Patient, either on account of the Restlessness of the whole

body, which is so frequent in this Distemper, or for some other urgent cause, it ought to be done with great Caution; as the least contrary motion or shock may perhaps give such Pain, as is only tolerable for this reason, because it soon goes off. Indeed this Moving of the Patient, which should be performed with such Care and Tendernefs by the Assistants, is no inconsiderable part of the Evils which attend the GOUT: for the Pain is not very violent throughout the Paroxysm or Fit, in case the part affected be kept quiet.

As the GOUT before did not usually come on till the Decline of Winter, and went off in two or three Months, in the present case it continues all the year, excepting two or three of the warmest Summer Months: And it is further to be observed, that as the Cardinal or General Fit continues longer now than it did heretofore, so likewise those particular Fits, of which the General one is made up, rage a longer time: For whereas one of these did not last above a day or two before, now wherever it fixes, it does not go off till the Fourteenth day, especially if the Feet
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or Knees be affected thereby. To this may be added that the Patient, on the first or second day after its coming, besides the Pain, is afflicted with Sickness, and a total Loss of Appetite. In the last place, before the Disease came to such a Height, the Patient not only enjoyed longer Intervals between the Fits, but likewise had no Pain in the Limbs, and the other parts of the Body, all the Functions of Life being duly performed: Whereas now his Limbs during the Intermission of the Disease, are so contracted and disabled, that tho' he can stand and perhaps walk a little, yet it is very slowly and with great Trouble and Lameness, so that he scarce moves at all: and if he endeavours to walk beyond his Strength, in order to recover the use of his Feet, the stronger they grow, and the less liable they are to Pain upon this account, so much more does the Morbific Matter,—not wholly dissipated during this Interval—threaten the Bowels, to the endangering the Patient; as it cannot be so freely thrown upon the Feet, which in this State of the Disease are never quite free from Pain.

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WHEN it is become thus inveterate, after yawning, especially in the Morning, the Ligaments of the Bones of the Middle part of the Foot are violently stretched, and seem to be squeezed with great force by a strong hand: and sometimes, though no yawning hath preceded, when the Patient is disposing himself to Sleep he feels a Blow on a sudden, as if the Foot was breaking in pieces by a large Stick, so that he wakes crying out with Pain. The Tendons of the Muscles of the Legs are sometimes seized with so sharp and violent a Convulsion or Cramp, that if the Pain it occasions were to last only a short time, it could not be borne with Patience. But to complete the Misery of the Gouty, his Mind during the Fit sympathizes with his Body; so that it is not easy to determine which of the two is most afflicted. For every Paroxysm may be as justly denominated a Fit of Anger, as a Fit of the Gout: the rational Faculties being so enervated by the Weakness of the Body, as to be disordered upon every trifling occasion: whence the Patient becomes as troublesome to others as he is to himself. Moreover he is equally subject to
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the rest of the Passions, as Fear, Anxiety, and the like; which also torment him till the Declension of the Disease, when the Mind is restored to Health along with the Body, having recovered its former Tranquillity.

THUS far this is the History of the GOUT when it may be called REGULAR; and it is the most accurate History of its Beginning and Progress that hath ever yet been published. For as it was exactly copied from Nature by so Masterly an Hand, no other Writer since hath ever attempted it; but if they have not, like the Famous HOFFMAN, inserted it at length in their Essays on this Disorder, they constantly refer us to it. I have omitted what is said in this History relating to the GOUT when it is IRREGULAR, till I come to consider it in such an Appearance. Indeed SYDENHAM seems to confine the Regular GOUT entirely to the Feet. I presume that anciently it was so; or before Luxury had extended its Dominion so far as it hath done in our age: and it must be owned that it seldom reaches higher, as he hath observed, in some years after it is acquired:

but the fixing of the Pain in any of the Joints of the Limbs, whether Hands, Knees, or Elbows, is not at all inconsistent with the present Idea of a Regular GOUT, as long as it keeps clear of the Vital Parts. And as it is observed by ARETÆUS, one of the best ancient Physicians who hath written upon it, “ the Difference is not much whether the Disease be in the Hands or Feet; both these Parts being of the same nature, slender and void of Flesh, most exposed to the outward Cold and most remote from the internal Heat.”

BEFORE I go any further, I shall beg leave to make some Observations on the preceding History; which in most Subjects will appear the same, allowing a little Variation for the Difference of Constitution.

How widely soever the Learned may have differed in their Reasonings on the Cause and Nature of the GOUT, yet none of the Facts mentioned by SYDENHAM in this History have ever been contradicted or called in question: because, except one
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of them, to be hereafter mentioned, I believe the Testimony of every Gouty Person would bear witness generally from his own Experience to the Truth of them. Taking for granted therefore what is here laid down, that those who are subject to this Disease, are either People in the Decline of Life, who besides Intemperance, High Living, and Indolence, are also of a particular Make and Constitution, or else such as have received the Principles of Life from Gouty Parents, we learn the utter Impossibility of eradicating this Distemper by any Medicines whatsoever. The Impudence of those who boast of Nostrums to this purpose, is to be equalled by nothing but the Ignorance of those Gouty People who suffer themselves to be imposed upon. For allowing them to know nothing of the Nature of the Gout, a very little Knowledge of the World, one would think, might be sufficient to convince them, that the Makers of such Specificks, if their Efficacy was as real in this Disorder, as it is pretended, would be under no Necessity of skulking under Advertisements without a Name, and of inventing a Variety of Puffs and Titles to impose on

the Weak and Credulous for a mean Subsistence in Obscurity.

WERE the GOUT occasioned only by the Decline of a Life led in Ease and Luxury and by the Want of usual Exercise, yet in this Case it would be saying more than Experience hath yet warranted, to say that it is in the power of Medicine to renovate Old Age, and to restore the Nerves and Fibres of Youth, subdued, relaxed, and softened by Intemperance and High Living. But it appears from the History above related, that even in Acquired GOUTS there must be added to such a Course of Living, very narrow Minute Vessels, a plethoric, moist, and lax Habit of Body, and a strong vigorous Constitution. These are the Work of Nature in our original Make, and are a necessary Condition towards the GOUT: And if SYDENHAM had been Silent in that particular, yet a very little Observation must convince us of its Truth. Because if there was not an Original Make or Conformation of the Parts which necessarily contributed to produce the GOUT, there would certainly be no Difference with regard to this Distemper, between

between all those who eat and drank and in every other respect lived alike. Whereas we see Instances every day of some who have acquired a great degree of GOUT, and yet have not indulged Intemperance and High Living near so much, as many others who have never had the least Symptoms of it. But besides an Acquired GOUT towards the Decline of Life, it appears further from this History, and from Facts also daily verified, that there are People much afflicted with this Disorder in the Early part of Life, and who have not known Intemperance, High Living, nor Inactivity, but who have derived it from their Parents in the particular Frame of their Constitution. Now in either of these Cases, I would be glad to know what is to be done by Medicine. Will the most Impudent Empirick that ever yet imposed upon the World, have the assurance to affirm, that He hath a Nostrum which will entirely change, not only the Immutable nature of animal and vegetable Bodies which compose our Aliment, but also the Internal parts of the Human Body; and instead of large Laeteals that admit improper Particles into the Blood; or of narrow Secretory Vessels

fels that will not suffer them to pass by Perspiration, will furnish us with others of a different Sort? I apprehend that he will not: And yet what less than this is undertaken by every Quack, who pretends that he hath a Specific which will cure the Gout? When any one of them will produce a Medicine, that can make a man small, mild, and stupid, whom Nature hath made large, spirited, and sensible, He may then pretend, and Others may believe, that he hath Pills, Electuaries, or Drops, that will eradicate the Gout. For the last is not more easily to be effected than the first. But yet there are People weak enough to yield up their Senses, Health, and Money to such Impostors. Nay to the Disgrace of the Human Understanding it must be said, that there have been men of no inconsiderable Rank, who would take it ill to be suspected of Credulity in Things of another Nature, who have suffered themselves to believe, and to pay a good deal of money for that Belief, that without any Medicine they could be cured of the Gout by a sort of CHARM; too ridiculous to be mentioned. But let

tis leave these Dreams, as CHEYNE says, to those who delight in the Fool's Paradise.

AMIDST the numerous train of those who offer us Remedies for the GOUT, it must be owned there is One, who, on many Accounts, deserves to be distinguished from the rest; an ingenious Man, and an excellent Botanist. The Reader who knows any thing at all of Physical Learning, will acquiesce, I am sure, in this Character, tho' he should be as much a Stranger to him as I am, when he knows I mean Dr. HILL. He hath honestly told the Publick, that it is impossible to prevent the Returns of the GOUT: He hath had the Modesty for some time past to retract what stood for a great while in his Advertisement, that his "ELIXIR of BARDANA" had enabled many to lay aside their Crutches, who had not been able to move without them for several years. Why this important Circumstance is now always omitted, it is not difficult to conjecture: but why it was ever inserted the Doctor only can inform us. I wish it was in my power to bear witness to the other Virtues which are still attributed by him to his Elixir. The

Recommendation however of this Medicine stands greatly distinguished from all that infest the Public Papers with their Impositions in this Distemper. He hath not only given us his own name, and a Name that is well known, but he hath also discovered his Medicine to us. The Pretensions to which he confines it, not to cure the Gout, but to shorten the Fits and to lessen the Pain, are in its Favour: thus far it was not unreasonable to expect a Medicine might reach; and this encouraged me to make a Trial of it: for had it pretended to any thing more, I should have treated it with the same Contempt and Indignation, as I do every other Advertisement of a Medicine which cures the Gout. But though I observed the Doctor's directions very minutely, and gave his Elixir all the fair usage he could have desired, yet my Fit was neither shortened, nor my Pain alleviated: in short it had no Effect upon Me at all.

HOWEVER as mine is an inveterate Hereditary Gout, it is possible the Elixir may have its Uses with those who have this Disorder in a small Degree: and as
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it is certain that it can do no Harm, which perhaps is not to be said of any other Stuff which is advertised, it may not be unwise in young Arthriticks and those who have only the Gout just enough to talk of, to make Trial of it.

As to the AMERICAN SECRET, the SWEDISH ESSENCE or Tincture, and other Foreign Remedies with which some People make a mighty Noise, I know nothing of them but by Report; which is not much to their Advantage. They pretend to too much Efficacy for me to have any Opinion of them at all: And as great irreparable Mischief—much worse than the Gout—hath been done to many by such Nostrums, some within my own Knowledge, the Strongest Recommendation shall never prevail with me to meddle with any Medicine, of which I am not informed of All the Ingredients. Whether Other People will profit by that Resolution I know not: but I hope none of my own Family, for whose Sake it is chiefly mentioned, though they should be more severely handled by the Gout than I have been, will ever be tempted to act otherwise. Even the Re-

medies which have been discovered,—the Duke of PORTLAND's Powder, as it is called, for instance—have not only proved ineffectual, but to many people they have been fatally pernicious. That Duke himself, I am informed, had but too much reason to repent that he had ever taken this Powder: And a noble Lord with whom I have the Honour to be well acquainted, who contrary to my Advice was prevailed with to make trial of it, after a Course of Three weeks only, found his Head so violently affected that he was obliged to give up the Powder; or else his Eyes or his Understanding would have been greatly injured, if not lost. With other Constitutions they have not disagreed so much: but with None that I have heard of, have they proved so beneficial as to tempt any one to run the Risk. Let this suffice to prove the Impossibility of any Cure for the Gout; unless the Constitution, which we bring into the World, could be altered and new moulded.

THE Reader may remember that SYDENHAM tells us in the History of this Disease, that for some Weeks before a Fit, the

the Patient hath been afflicted with a bad Digestion, Crudities of the Stomach, and much Flatulency and Heaviness, that gradually increase till the Fit begins. The Observation which naturally arises from this Fact,—a Fact to which the Gouty can give ample Testimony—is that **INDIGESTION IS THE PRIMARY CAUSE OF THE GOUT :** Or in SYDENHAM'S OWN words, “that the GOUT proceeds from a weakened Concoction both of the Solids and Fluids.” His Commentator, it must be owned, hath observed upon this Passage, that “though such a weakened Concoction may dispose to the GOUT, as it will to other Diseases both of the Acute and Chronic kind, yet cannot be said in a strict Sense to be the Sole Cause of any One Distemper more than another.” But the Author no where says it is the Sole Cause. He hath expressly named another, as the **CONTAINING OR IMMEDIATE CAUSE**, viz. “the Heat and Effervescence of the Humors, after the Putrefaction and Sharpness they have acquired, by continuing too long in the Body through Indigestion.” Why such a weakened Concoction terminates in the GOUT, rather than in an Acute or other

Swan's
Syd. p.
471.

Syden. p.
479.

Chronic Disease in many people, is probably owing to their large Lacteals, or their small and narrow Secretory Vessels; and it appears that one of these is the natural Portion of the Gouty.

I presume it hath been fully proved in the Description which hath been given of the several Scenes of Digestion, that the Matter, be it of what Nature it will, which ought to be discharged by Insensible Perspiration in the last Stage of Circulation, and which is not there discharged, must necessarily occasion such Obstructions as will create Pains and Tumors: And if the First Concoction is not duly made, if any Particles of the Food, whether Urinous or Tartarous or Earthy, by that means get into the Blood, and are too rigid or bulky to be broken by the force of the Arteries, the rest of the Secretions will be hindered, and the third Concoction will be also wanting. Hence we see the Reason why the Strongest People are subject to this Disorder; and why, except in Hereditary Cases, it doth not come till some Decline or Weakening of the Constitution. For in Weak People, these rigid Particles
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of the Aliment would not be broken fine enough to be carried so far into the Habit, but would be let out in the first or second Concoction by Stool or Urine: And in those who are Strong, except their Lac-teals are originally large, or the Secretary Vessels very small and contracted, they would be comminuted and digested into a Fineness sufficient for Perspiration: but as soon as such Strength abates, and enough of it still remains to carry them only through the First and Second Stages, and not to break them fine enough to pass through their naturally contracted Vessels, a Stop must then be made in these Organs of Secretion; and Perspiration being stopped, a peccant Matter will be detained and lodged upon those Parts which are not destined for its reception; where, by their Asperities and Acrimony, they prick and tear the fine Membranes and Ligaments with the most exquisite sense of Pain.

To the Descriptions already given by SYDENHAM of the Requisites to produce the GOUT, such as a Weakning of the Constitution by Age, Intemperance, excessive use of Venery, and quitting usual Exercise,

Syd. P.
472.

together with a moist lax Habit of Body and a strong vigorous Constitution, He hath added, in Confirmation of his Theory of Indigestion, “ a great Application to Study, which calls off the finer and more volatile Spirits from assisting the Concoctions; and a voracious Appetite to more Aliment, and of a harder kind, than they can digest. But the most improper Aliment of all is too free an use of Wine; which hurts the Concoctions, and overcomes and dissipates the Spirits. Moreover, As each of the Cases that have been enumerated promote Indigestion, so most of them contribute in some measure to introduce a Laxity of the Habit and Muscles of the Body; which makes way for the reception of crude and indigested Juices, as often as they are thrown upon the External Parts. For when by lying long in the Blood they have increased in bulk, and have gained an ill quality, they at length acquire a putrefying Heat; and, Nature being no longer able to subdue them, become a Species and fall upon the Joints, where by their Heat and Acrimony they occasion exquisite Pain.”

IN order to make this last Sentence more intelligible than I apprehend it will be to every Reader, it may be necessary to observe, that besides the Acrimony which our Food contains before it is taken in, and which remains unalterable by the Animal Powers, another Acrimony arises from it when it is indigested; such as it would acquire spontaneously if it was reposed a few Hours in a State of Heat equal to that of the Human Body. There is no doubt that this is what was meant by SYDENHAM: and though CHEYNE'S Notion is somewhat different, substituting Salts in the room of crude indigested Juices, yet in the End it will lead us to the foregoing Theory of Indigestion. The Reader shall see what he says. "The Abundance of tartarous, urinous, or other Salts, which seem never to perish, being received into the Blood, and neither sufficiently broken by the digestive Powers, nor driven out of the Habit by due Exercise, but by their Plenty and nearness uniting in great Clusters, must necessarily form Obstructions and give Pain; when by the force of the Circulation they are thrust through narrower

Benn. Eff.

P. 13.

Cheyn.

Eff. p. 4.

rower and stiffer small Vessels. These Salts, together with a strong stiff springy State of Fibres and Nerves—which SYDENHAM much more justly calls a strong vigorous Constitution—are in CHEYNE'S opinion the Cause of the GOUT: how truly will be seen hereafter. The difference therefore is not in the Way of Reasoning between these two Writers: And I have observed that all the Authors on the Causes of the GOUT since SYDENHAM, except one whom I shall presently mention, how much soever they may seem not to copy from him by a different manner of Expression, yet have given opinions which are all resolvable into INDIGESTION as the Principal. To have related these would have been tedious, and afforded very little or no Information to the Reader: but in order to satisfy his Curiosity, I shall select two or three from a great number, as differing most from all the rest.

I shall begin, as I ought, with the celebrated BOERHAAVE; who observes that

Aph. Eng. Transl. p. 372, 3, 4. “ Men of deep and acute Sense, and who exercise the same much in Study, are more liable to the GOUT than the common race of

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of Mankind; and that those who are too much addicted to Acids seldom escape it. Before this long hidden and lurking Disease shews itself in repeated Paroxysms, we may observe those whom it invades afflicted with Crudities, Indigestions, Heaviness, Costiveness, and the like. At last he infers, as before related, that the proximate Cause of this Disease is a vitiated Temper of the least and nervous Vessels in the Body, and also of the Liquid which waters those nervous parts; ~~which~~ Liquid is defective by its Acrimony and over-toughness." Supposing this to be the better Opinion, as to the Secondary Cause of this Distemper, yet the Primary Cause remains the same; and the vitiated Temper is owing to Indigestion.—In Gouty Habits, says our Countryman LISTER, the Organs destined to separate the mucilaginous Humour in the Joints, being relaxed by some Error or other, especially in Diet, by the frequent drinking of too much Wine, by Gluttony and Idleness, That naturally smooth and oily Humour is turned into a crude and viscid Serum, which easily stagnating in the excretory Ducts of the Joints, not only contracts a Putridness and Acri-

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mony,

mony, but at last becomes Ichorous and Corrosive, whence proceeds violent Pain, and the other usual Symptoms that attend the Arthritick. Indigestion is still we see according to this Opinion, as SYDENHAM says, the Primary Cause of the GOUT. Another Author whom I shall mention on this Head is INGRAM: And the Notion wherein he differs from all other Writers, on account of which I introduced him to the Reader, is that the "GOUT is altogether owing to the Adipose or Fat Membrane being vitiated; which is situated under the skin, and composed of many Folds joined together, and extended over every part of the Body in the Interstices of the Muscles. This Membrane is formed of an inconceivable number of small Vessels, which cannot be discerned without a Microscope; and which contain a quantity of unctuous or oily Juice, adapted to several uses extremely beneficial to the human Body. But the Saline Particles which are chiefly produced from Debaucheries, unwholesome Air, Excess of Wine, and Spirituous Liquors, causing a bad Digestion, Crudities with sour Belchings must necessarily arise: and these being improved and nursed by

In-

Ess. on
the Gout.
P. 17.

Indolence, the Blood becomes impregnated with such sort of Salts, as will at first cause an Obstruction in the Cells of this Membrane, with its Glands; and in process of time break through them, when mixing with the Oil they will cause a Coagulation, which is the Gouty Matter." This is a short, but a comprehensive View of the Theory peculiar to this Writer; which, whether it be true or false, is but of little Consequence in the treatment of this Disorder, since the Cause which produces this Matter is still the same.

IT must be owned, as I have observed, that a Modern Writer on the GOUT, Monsieur LIGER, Professor of Physick in the University of Paris, among other Singularities, is pleased to combat this Opinion, of the Gouty Matter being derived from bad Concoctions or Indigestion: and his reason for it is this. "Those who are afflicted frequently with the GOUT are in general of a good Constitution, and in other respects enjoy no bad state of Health; which would not certainly be the Case, had they been affected with such a Disorder of the Digestive Functions, which is deemed

Treatise
on the
Gout,
Engl.
Transl. p.
39. pr.
1760.

deemed to be such an essential Preliminary to the GOUT. Much more easily may the Disorder which then declares itself in most of the Functions be proved to be a Consequence of the GOUT (being perceived only during the time of a Fit) than the GOUT to be the Effect of these Disorders." But this is begging the Question, which no Gouty Man will grant, that Indigestion is perceived only during the time of the Fit. The Fact is directly otherwise: and it is pleasant enough to observe, that his whole System is built on a Supposition of Indigestion; or else, there could not be a Superabundance of Mucilage which he makes the only Cause of the GOUT: But in other places he has owned it in explicit Terms; saying, "that a Diminution in the Secretions may tend greatly to produce a Superabundance of the Humors," which he proves will occasion the GOUT. For a Diminution in the Secretions must be owing to a weakened Concoction or Indigestion.

Pa. 188.

THUS after a careful Inquiry into the different Systems of the numerous Writers upon the GOUT, we must return again to the

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the Point established for us by SYDENHAM;
 “ THAT THE GOUT PROCEEDS FROM A
 WEAKENED CONCOCTION BOTH OF THE
 SOLIDS AND FLUIDS.” Let us now there-
 fore accompany a Fit of the GOUT through
 all its Stages; because it will explain many
 things in that Distemper, which though
 felt and observed, are not perhaps at present
 understood, by every Sufferer. The GOUT Quin. p.
 more commonly happens in Winter than ^{41.}
 in the Warmer Seasons; because the mor-
 bific Matter is hindered from Perspiration
 by the Cold and Damp weather more than
 at other times. There is no ascertaining the
 exact Season of its Return; but in general
 it may be observed, that without particu-
 lar accidents the Strongest Constitutions
 hold it out the longest at the approach of
 Winter before they are seized; owing ma-
 nifestly to their Digestive Powers not per-
 mitting this Matter to stop and accumulate
 in a Quantity sufficient to make a Fit, so
 soon as those who are weaker. All Ar-
 thriticks, or Gouty People, therefore, un-
 less those who are very strong, hold up
 but a little while after the cold and wet
 Seasons set in: there being few that pass
 over

over the middle of November before it overtakes them, and many not so far.

MOST of the Forerunners of a Fit, are to be explained and understood in the same manner as common Intermittents; with which the Fever that introduces the GOUT hath a great Affinity. The Beginning of it is commonly with a Yawning, Weariness, Stretching, Weakness, and cold Shivering, Paleness in the extreme Parts, and sometimes a quick weak and low Pulse. The Hot fit follows next; which begins with Burning, a Redness of the Face, a strong, great, and free Respiration, and with less Anxiety, the Pulse stronger and higher, the Thirst great and uneasy, and a violent Pain in the Head and Limbs. The Third and last Stage of it is the Decrease; which is generally attended with a violent Sweat, and a Remission of all the Symptoms, except the Pain of the Head.

Quin. p. 416. But from the peculiar Nature of the peccant Humor in the GOUT, and the Parts upon which it is thrown, there are these remarkable Differences of its first Appearance; that when the Uneasiness upwards abates, there begins to be great Weight and Pains in the Extreme Parts, and chiefly

chiefly in the Loins and Thighs; which must proceed from the growing Accumulation of the peccant Matter, and its progress towards the places upon which at last it settles: the Cramps and Twitchings are likewise from the Asperities and Irritations of its Angles and Points, as it passes through the fine Canals into which it is protruded. Towards the End of the Sweat, after the Patient has been some time asleep, the Pain is generally first perceived: Because the progressive Motion of those Juices with which the peccant Matter is joined, is most forwarded at that time, and there is then the least Interruption to its natural Tendency and Inclination; whereby it attracts and shoots into more bulky Particles, and accumulates in Quantities upon the Parts most likely to lodge it. The best Physical Writers speak of the Body when awake as in a State of wearing out, and as in a State of Reparation when asleep: and therefore let the Morbific Matter be of what kind it will, and the Disorder occasioned by it never so various, yet as long as it flows with the Juices which recruit the Body with Strength, it must necessarily be most accu-

mulated when they are most separated for that use.

Quin. P.
417.

THE reason why this Matter settles upon the Joints and Ligaments hath been already given. The Resemblance of the Pain at first to a Part that is dislocated, is from that inaptitude to Motion which the Joint immediately receives from the Rigidity and uneasy Sensation of its Ligaments; which the Gouty Matter causes as soon as it begins to settle upon them. The Sense of Cold Water pouring upon the Part, which is usually perceived at first, is likely to be occasioned by the beginning Irritation of those Bodies of which the Matter consists; and which in many instances will occasion a Sensation of Cold upon their application to other places. The exquisite Sense of Pain, to be conceived by none who have not felt it in its height, can be no Wonder however to any who considers the Tendernefs of the Parts, and the sharpness of the Instruments we have to do with there. The Restriction upon the Part, owing to the Rarefaction and Extension of the included Humors and the Resistance which they meet with, continues till the
Part

Part is enough stretched to hold the accumulated Matter without Uneasiness, when the Fit may be said to cease; and the Tumour continues red and angry, till the Irritation being abated it grows paler, and will receive any Impression made upon it.

IF the Necessities of Sleep should procure a Truce, before Things are brought to this issue, the Continuance of the Shivering, and a little Fever, will at length dispose a great deal of this Matter for Transpiration through the Surface, and the Patient will fall into rest and a breathing Sweat; as is natural at the close of every Paroxysm of an Intermittent. But if the Part is not yet got to its Stretch, and the Morbific Matter continues in any Quantity upon it, after some Interval the same will happen over again, and so on, till it is distended, and the Matter so far digested, that what cannot transpire quite out through the Skin, is taken back by the reflux Blood, and either washed off by Urine, or deposited in Conjunction with more of the same kind upon some other part, where the same scene will be acted over again, and so continue, till the Mat-

Quin. p.
413.

ter that hath been accumulated is wholly expelled out of the Body. Thus of One Fit which lasts about seven or eight Hours for several Days, the great Fit at one Decumbiture is made up. These little Fits however decline, and grow milder and shorter, in their Progress; because every one of them lessens the Quantity of Gouty Matter, by one of the ways abovementioned, or by both: and the more smart and severe these are, the sooner they are over: whereas in a slow and languid Fit, most of the Matter is reabsorbed by the venal Blood, and brought back again into its first stage of Circulation; when it will renew its former disorders, and very much lengthen out the great Fit. For the Reason above given the Continuance of the Decumbiture is more or less in Proportion to the Strength and Vigour of the Patient: And thus the older People grow under this Malady, that is, the weaker they are, the longer they lie by the Gout whenever it comes; unless they have had Resolution enough to alter their Constitution by a Course of continued Abstinence, which does not often happen.

IN this description of a Fit by QUINCY, as well as in SYDENHAM's History of the Disease above related, it is said to continue in one part or other "till the peccant Matter is at length quite expelled out of the Body." But my own Experience, even before my GOUT was so inveterate as it hath been for some years past, will not permit me to acquiese in this observation: and it is the One Fact which I excepted, as the Reader may remember, out of the Truth of that Whole History. For as it is a Fact of great Consequence in the Management of the Intervals, as will be seen hereafter, and the Point not depending upon Judgment, I hope I may be excused in saying, that I am so far from being of the same Opinion with these two great Physicians, though they were also both Arthriticks, that I believe the Gouty Matter, is never quite expelled out of the Body: and my reason for this opinion is, that after a very severe Fit, when the whole affair hath been thought to be over and Sleep and Appetite have returned, by catching Cold, as it is called, in going abroad, or by taking a Purge, or by returning to Study, or by getting some external Hurt, I have had

another Fit as severe as the former ; and just in the same manner a Third, full as painful as the First. This hath happened to me so very often, as well as to many of my Gouty Acquaintance, before a fresh Quantity could have been collected, that I am convinced the peccant Matter is never wholly expelled out of a confirmed Gouty Habit. Where it lurks thus concealed, as it were, I do not pretend to know. But that it does lurk somewhere, even SYDENHAM himself acknowledges in another place : where speaking of the use of Wine, he says, “ that it stirs up the Cause of the Disease which had long lain concealed and inactive :” And again ; “ All the Morbific Matter is seldom so entirely expelled by the Fit, how lasting and severe soever it be, as to leave no Remains of it in the Body after the Fit is gone off :” And this is another of those Difficulties in the History of this Distemper, which none of the Theories or Reasonings of the numerous Writers upon it hath yet explained. Indeed they suppose the contrary to have happened : but Facts are stubborn Things, to which all Authorities must give way : And was I not in the right to say, as I did in the Beginning
of

Syd.
Works.
p. 491.

P. 479.

of this ACCOUNT, that the Whole Cause of this amazing Disorder will probably never be understood?

THERE is in truth a Contradiction in the Nature of the GOUT itself: for if we attempt to allay the putrid Heat or to extinguish the Acrimony of the Humors, which are the IMMEDIATE CAUSE, it must be done by such Medicines and such Regimen, as will weaken the Digestive Powers, which is the PRIMARY CAUSE: and on the other hand, if we endeavour to strengthen the Faculties of Digestion, it must be done by such Methods as will create or excite those Humours. Let us add to this, the natural Straitness of the little Vessels in a Gouty Person, and can any one be weak enough to be so far imposed upon, as to believe it is in the Power of any Medicine to extirpate this Distemper? We see they are: And for want of attending to this Contradiction above-mentioned, many Writers have been led into the grossest Absurdities in treating of this Disease. Nay were it indeed to be said, that there are scarcely Two out of the whole Number who have not contradicted Themselves

upon it in something or other, I apprehend the Proof would not be very difficult. But to leave this Digression.

Quin. p.
419.

IN the beginning of the Fit, the Urine is high coloured, being tinged with the Gouty Matter: and towards the Close of the Fit, when the subtile and volatile part of this Matter is transpired through the Skin, the Remainder is too gross to be capable of Expulsion by any other outlet than the Kidneys. Thus it is brought back by the Blood from the afflicted Parts, and voided by the Urine; as may easily be discerned by the red gritty Stuff which it deposits after it hath stood some time in the Vessel: and as this Evacuation of the Matter continues every Day till it is quite washed off that way, it points out the Importance of a plentiful Use of diluting Liquor towards the Crisis of a Fit, lest the Matter should be formed into Stony Concretions, or, at best, into the Gravel. Why the Cuticle, or outermost Skin, peels off from the Parts that have been swelled when the Fit is over, is because upon its Stretch it hath been in some measure loosened from the true Skin underneath, as it

will in all Tumors whatsoever; to which the Acrimony of the Matter would also contribute when it is transpiring.

THAT a Multitude of other Complaints is removed by a Fit of the GOUT, hath been a point of constant Observation among all Physical Writers; and SYDENHAM says very truly, "that Pain in this Disease is the disagreeable Remedy of Nature." But INGRAM, the Surgeon above quoted, makes no Scruple to pronounce this Opinion, however prevalent, to be erroneous. As he hath mentioned Eight Writers on this Distemper, without once naming SYDENHAM, MUSGRAVE, or QUINCY, whom I will venture to pronounce the Best Writers upon it, so we may conclude he did not know that there were any Treatises of these great Physicians on the GOUT; which in a Man who intended to write upon it himself was an inexcusable Ignorance. Be this however as it might: His Reasoning against this concurrent Opinion of all Writers and in all ages, is weak and inconclusive; and such as may be expected from one who leaves the beaten track of Experience to indulge his

Eff. on the
Gout. p.
51.

his own Imagination. Whether Experience was the Father of Philosophy upon this Subject, I will not determine; but I am positive That is the best Philosophy which is consistent with it. It will therefore still remain a Truth, notwithstanding this Writer's Argument or Wit, that the Matter which makes the Gout, is not only the Cause of many other Disorders in the Nerves before it is formed into regular Fits, but afterwards these Fits occasion such a Concussion in the whole Nervous System, as to expell with the Gouty Matter a great deal that is the Parent of other Mischiefs; and that cannot well be gotten rid of otherwise than by the Gout, which alters and prepares it for Expulsion.

Quin.
p. 421.

FOR all which gets beyond the Circulation of the Blood, and is neither assimilated into Nourishment, nor sent off by Perspiration, must be of that Kind principally, if not wholly, which hath been assigned as the Cause of the Gout. The viscid and specifically lighter Particles, will for the most part be taken up into Nourishment: and these more rigid Particles seem in a Natural State of no other use than to
preserve

Quin.
p. 421.

preserve the Capacities of the Fibrous Tubes; which otherwise might be apt to close. But when they are supplied too hastily and in too great Abundance, or when by a Diminution of the Digestive Powers they are too weakly broken for Transpiration, they load the Solids then too much; which, instead of being enabled to exercise their natural regular Vibrations, are twitched, convulsed, and straitened. Hence Palsies, Apoplexies, Violent Head-Achs, Vertigoes, Depravation of the Intellectual Faculties, and all the Train of Nervous Distempers take their Rise. In these dreadful Distresses, what is to be done? Can any thing remove the Matter which is the Cause of them, but either increasing the Digestive Powers so as to extirpate it through the Pores, or sheathing its Asperities by an abundant Supply of soft oily Particles, or reassuming it back again into the Blood, or else drawing it to some particular parts to facilitate its Escape by Perspiration? In one of these ways it must be removed: And which of them so likely, or so suitable to the Course of Nature, as an Accumulation of this Matter upon particular Parts; which is also the
most

most ready way to hasten its Expulsion through the Skin, or its Re-assumption by the Blood? As this Accumulation therefore is in every Respect a legitimate GOUT, the Distemper thus called is the best Removal of all those Nervous Disorders which have their Rise from the Matter here assigned: and it is, truly and properly speaking, a Critical Solution of a Distemper only, rather than a Distemper itself.

Quin.
P. 425.

THE Conveniencies for Ease which the Wealthy have at command, and the Seditary Life of the Studious, not only abate so much of the Action and Exercise which is necessary to give a proper Firmness to the Solids, but also so far weaken the Digestive Powers in a good Constitution, as to create a Redundance or Accumulation of peccant Matter in the last stage of Circulation among the smallest Vessels. Why the GOUT doth not come, except in Hereditary Cases, till some decline of the Constitution, either through an advanced Age, or a necessary Decay of the Springs of Life, must be manifest enough already by many things that have been mentioned. Why those who have large Heads are liable to
the

the Gout, is because the larger the Brain is, the Quantity separated from it is not only likely to be greater, but is probably also grosser in Quality, and hath more of those Particles which are assigned to be in some measure the Cause of this Distemper. For the same reason that a strong Constitution is a necessary Condition towards the Gout, Women, unless of a Masculine Make, or born of Gouty Parents, or addicted to strong Liquors, are seldom troubled with it; their Strength being not sufficient to carry the peccant Matter so far into the Habit. The Dodging about, as it may be called, of this Distemper at the first Seizure of younger People, must be from the Resistance of a strong Constitution to the Lodgment of the Acrimony on particular Parts, till they have been accustomed to such a Discharge and receive it with more Regularity: And I remember DR. MEAD, when I consulted him upon this Circumstance in myself, alledged as another Reason my not drinking Wine enough to fix it. To such Persons however as the Gout visits Young, it proves generally most severe; especially if they are accustomed to drink much Wine or Punch.

SUPPOSING the Reader should know nothing more of the GOUT than what he hath seen in the foregoing Pages, yet he will perceive without any difficulty, how particular Accidents and Interruptions will occasion Deviations from its Natural Course, cause the same Matter to fix upon Other Parts, and produce very different Symptoms. The History of an IRREGULAR GOUT, therefore will properly come in here; and the Reader shall see what SYDENHAM says upon it: though He hath not been so copious nor so exact as in the other. An erroneous Management, or a long Continuance, which hath exasperated the Disease, will often afflict the Patient with several more Symptoms than those already mentioned, as well as complicate it with other Maladies. A Pain in the Veins about the Fundament; nauseous Eructations not unlike the taste of the Aliment last taken in, corrupting in the Stomach after eating any thing of difficult Digestion, or in no greater Quantity than is proper for a person in Health; a Loss of Appetite, and a Debility of the whole Body through want of Spirits, render his life, but too frequently, melancholy and uncomfortable. The Urine
which

Syd.
p. 468.

which was before high coloured, especially in the Fits, and voided in small quantities, now resembles that which is evacuated in a Diabetes both in Colour and Quantity; and the Back and other Parts itch much towards bed-time. But after many racking Pains, the following Paroxysms become less painful, as an Earnest of the Delivery which approaching Death is about to give: Nature being in part oppressed by the Quantity of the Morbific Matter, and in part by Old Age; so as not to be able to propell it constantly and vigorously to the Extremities: but instead of the usual External Pain, a certain Sickness, a Pain in the Belly, a Spontaneous Lassitude, and sometimes a Tendency to a Looseness will succede. When these Symptoms are violent, they ease the Pain of the Limbs, which returns upon their going off; and the Paroxysms are much prolonged by this alternate Succession of Pain and Sickness. For it is to be observed, that when the Disease hath continued several Years, the Pain diminishes gradually every Fit, and the Patient at length sinks rather from the Sickness than the Pain: which in these Fits, though it be longer, is not near so violent as that
 which

which he usually suffered when his strength was but little impaired. But nevertheless this violence of the Disease was ordinarily recompensed by larger Intervals between the Fits, and the good state of Health the Patient enjoyed during the Intermission. In effect, Pain in this Disease is the disagreeable Remedy of Nature; and the more violent it proves, the sooner the Fit terminates, and the longer and more perfect is the Intermission: and so on the contrary. But besides the abovementioned Symptoms, the Gout breeds the Stone in the Kidneys in many Subjects; either because the Patient is obliged to lie so long on his Back, or because the Secretory Organs have ceased performing their proper Functions, or else because the Stone is formed from a part of the same Morbific Matter; which however of these I do not pretend to determine. To conclude, the Entrails are in time so much injured from the Stagnation of the morbific Matter in them, that the Organs of Secretion no longer perform their Functions: whence the Blood being overcharged with vitiated Humors stagnates, and the Gouty Matter ceases to be thrown on the Extremities as formerly, so that

that at length Death frees him from his Misery. Thus far we are led by SYDENHAM in the description of an IRREGULAR GOUT: but the following Account is taken from MUSGRAVE, who wrote two Treatises in Latin professedly upon this subject; one on the Symptomatic, and the other on the Anomalous or Internal GOUT: both of them executed with great Copiousness and Precision.

THE anomalous Symptoms of the INTERNAL GOUT, when they appear before the Patient hath had a regular Fit, are very difficult to be distinguished from other Diseases, to which the Part where it fixes is subject; and therefore it is impossible to know them without a previous Fit. The Irregular GOUT most frequently visits the Stomach and Intestines, whence arise Loss of Appetite, Indigestion, Vomiting, Colick, Dysentery, Diarrhœa, and sometimes Gouty Abscesses or Imposthumes. It sometimes seizes the Head, and causes a Vertigo or Apoplexy; and sometimes seizing the Nerves it produces a Palsy. It often fixes on the Organs of Respiration, and causes an Asthma, Cough, and Phthysick. Now

Musg. de
Arthrid.
Symp. et
de Arth.
Anomal.

and then it appears in the shape of a Quinsy or Sore Throat, and sometimes it seizes the Teeth and Gums. No part of the Body is free from it: but the natural or acquired Weakness of any of the Internal parts is the Cause of the GOUT's fixing upon Them. The Symptoms of the Anomalous GOUT differ exceedingly, as they happen to fix upon different parts; causing in appearance different Distempers. They also differ, as the Matter is sometimes purely Gouty, and at other times hath a Mixture of some other Distemper; as the Evil, Scurvy, and the like. The Remedies which evacuate the Gouty Matter, though sometimes absolutely Necessary, yet seldom cure an Internal GOUT, but are even prejudicial when improperly used. The Cure of it however can be no otherwise completed than by an Expulsion of the GOUT into the Extremities.

As the Original Genuine GOUT is often caused by Indigestion and Weakness of the STOMACH, so no part is so often or so much affected with the Anomalous GOUT. This is sometimes owing to a Natural Imbecillity, and sometimes to a Weakness acquired by too much Venery, Grief, Fear,
or

or any other relaxing Passion of the Mind ; by which the Stomach becomes more liable to receive, and less capable to repel the Morbific matter. But it very frequently happens that the Gout is invited into the Stomach by crude, acid, bilious, or some other vicious Juices contained in it, which stimulate its Coats : and this happens just for the same reasons that Mustard and Blistring Plaisters invite it to the Extremities. Sometimes injudicious repelling Applications are the Cause of its fixing in the Stomach ; and external Cold, either from the Air, or Bathing, will at other times produce the same Effects. When the Gout hath been for some time Regular, and the Patient hath had a fair Paroxysm in the Extremities, the Fit is often shortened or broken off unexpectedly by means of Cold, or an Error in Management : or else the Interval hath been longer than usual, and the Fit was protracted longer than was consistent with Health. This Interruption or Intermision of the Gout is often followed by Loss of Appetite and loathing of Food ; to which is joined afterwards a Weight in the Breast, and then Eructations, Vomiting, and

Heartburn. To these are frequently added an Oppression of the Intestines, with Pain, Constriction, and sometimes Heat; an interrupted and strait Respiration, frequent Yawning, Head Ach, Vertigo, and sometimes Dejectedness; frequent and sudden Dimness of Sight, Paleness of Face; and after some time an universal Imbecility and Wasting. These Symptoms never appear all at the same time perhaps in the same Person, but frequently many of them do appear; and from their first appearance there is little or no Gout in the Extremities. The internal Complaints grow daily worse and worse; and the Patient, worn out with want of Food, with Languors, and Pain, after some Months miserably spent, dies; unless the Weather or proper Medicines restore a regular Fit of the Gout. This Gout in the Stomach afflicts Old People most; however Young People often have it, probably from their Carelessness and Licentiousness in point of Diet. Tho' this Distemper happens at any Time of the Year, yet it is most frequent in Autumn; which may be owing in some measure to Fruits eaten in that Season, and lying in a State of Putrefaction in the Intestinal Tube.

Tube. But these Symptoms will sometimes happen without any evident Cause; sometimes with a Regular Fit; and sometimes at a greater Distance from its Interruption. Old People who have drank hard and lived freely in their Youth, and are now grown Sober and Abstemious, are sometimes subject to Hypochondriacal Disorders, which are somewhat like Gouty Symptoms in the Stomach; but which are to be distinguished from the GOUT by the Manner in which they seize the Patient, their Vehemence, and their Intervals. It is further observable, that such as have an Hereditary GOUT are more subject to this Disorder than others; those who are born of Old Parents than those born of Young ones; those who have a bad Appetite than those who enjoy a good one; and those who have a languid, cold GOUT, than those who have a hot, sharp, and painful one.

THE ARTHRITIC COLICK is very frequent, and extremely painful; and hath its Seat in the whole Intestinal Tube from the Stomach to the Fundament, though not in every part at the same Time: and it

often happens that the Stomach suffers with it. Both the fixed and wandring GOUT, the Regular and Irregular, the Genuine and Symptomatic, sometimes appear in the shape of the Colick; but principally that kind of Symptomatic GOUT which begins originally with the Colick: for the Seat of this is somewhat ambiguous, fixing alternately on the Extremities and Intestines. This very often seizes upon old and infirm people, and sometimes affects those of strong Constitutions who have not yet passed the Meridian of Life. When a Patient hath been for a long time used to Regular Fits of the GOUT, and now grows Old, Nature begins to leave them off, or gives them but seldom, and those short and light, either through Weakness, or some other Cause which must be carefully enquired into: and then an Evil of another kind, either sooner or later, generally seizes upon the Internal Parts. First the Patient perceives an universal Indisposition and Loss of Appetite, and frequently a Nausea and Pain in the Intestines, which is usually fixed to some one point of the Belly, commonly about the Navel. Another Symptom is an Oppression and Heaviness of the Breast,

Breast, as if it was pressed by a Weight. This happens to most of those who are afflicted with the Colick, and is extremely troublesome. These two Symptoms, Pain in the Belly and Oppression of the Breast, may be esteemed the Primary Symptoms. The Secondary are a distention of the Parts about the Heart, Grumblings in the Intestines, Eructations, Vomitings of Matter generally bilious, and Costiveness. To these are to be joined some others which happen only Sympathetically, as Languor of the Eyes, Dejection of the Spirits, Want of Sleep, Indolence, Anxiety, and if the Distemper continues long, a Weakness, and Emaciation of the whole Body. This Complaint begins often, tho' not always, in Autumn; and, without proper Relief, miserably afflicts the Patient all Winter following. For from the first seizing of the Intestines, he languishes and is oppressed with Wind, Uneasiness and Pain, lies awake all night and laments himself all day; till at last, being deprived of Sleep, Food, and all the Refreshments of Life, wearied with perpetual strainings to vomit, enervated and worn out with Pain, and extremely emaciated, Death, sooner or

later, puts an End to his Torments. It seems to be very plain that the Gouty Matter is the Cause of all these Disorders. But these Symptoms, particularly the Pain in the Belly and Heaviness in the Breast, give a great light into the case: And yet as these are not so peculiar to the Gouty Colick, but that they sometimes appear in Colicks of another kind, we must take the Symptoms which distinguish it from the preceding Distemper, that is, the Regular GOUT. We must therefore observe, if the Patient hath lately had a Fit, whether it hath suddenly remitted or gone off, and whether the Colick immediately followed this Intermission; whence we may easily form a Judgment of its Nature. The external Causes of the Arthritic Colick, are Cold, or any sort of Ligatures, or repellent Plaisters or Applications to the Extremities. The internal Causes, are a natural Weakness of the Intestines, and an Accumulation of Impurities in the Entrails; which being discharged from the Liver, Sweetbread, and other Glands that empty themselves into the Intestines, invite the Gouty Humor to those parts by their Pungency; just in the same manner as stimulating Applications

cations do to the Feet. But no Impurities are more frequent here than those which are bilious; as the Stools, and what is thrown up by Vomit, evidently show. Amongst the internal Causes may also be reckoned the Eating or Drinking improper things; as Fruit, or sharp Cyder in too great Quantities, or any other Error in point of Aliment, especially those which are of a cold nature. This Arthritic Colick is often fatal, and always dangerous. If the Heaviness in the Breast and Pain in the Intestines (especially if it is pungent) continue long, it is a bad Sign; and the Patient generally grows gradually worse and worse till he dies. There is seldom any Safety till the Gout is expelled into the Extremities; and even then not in every case, nor always. For though the Gout gives Pain in the Joints, yet if the Mass of Humors remains within, the hopes we have from this Pain are very precarious: for the Gout is frequently invited by the Humors into the Intestines again, and destroys the Patient. But if the Pain of the Intestines, Oppression of the Breast, and Costiveness entirely vanish, and at the same time Pain appears in the Extremities, it

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gives a much better prospect: And if the Pains of the internal parts entirely cease, if the Appetite returns, and at the same time the Pain of the Extremities is considerable, the Patient in all probability is out of Danger.

IF a person long used to the GOUT, in the midst of his Fit falls naturally into a Looseness or DIARRHOEA, and at the same time the Pain and external Swelling decrease and soon entirely vanish, it is very evident that this Diarrhoea is Gouty. It frequently happens that before the Patient feels any Pain in the Joints, the Diarrhoea diverts the Gouty Humors from the Extremities where it would otherwise fall, and carries it off by the Intestines. This, which anticipates a Fit of the GOUT, is frequently found to be Salutary; Health and Vigour returning after it: but this only happens in good Constitutions where the Fibres are robust and the Spirits firm. But the Cases in which this Diarrhoea is most frequent, are either when a Purge hath been given, or else when the Intestines are loaded with Crudities which stimulate, and find a passage for themselves together
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with the Gouty Matter. The event of this Diorrhœa is extremely uncertain: for if it stops in time and is not excessive, it very often proves of use, as it carries off the Gouty Matter by a way that is safe enough though not so common: and it hath this Advantage attending it, that the Paroxysm doth not return of a long time after. But in those whose Entrails are weakened by Debauchery, so as to render Nature incapable of moderating the Crisis, it sometimes becomes so excessive as to destroy the Patient.

A GOUTY DYSENTERY, or a Flux mixed with blood, seizes principally upon those who have a thin Habit of Body, and particularly weak Intestines, and are accustomed to the Gout. An Arthritic Colick generally precedes this Distemper; and when the Fibres of the Intestines are weakened by frequent Fits of it, and either some external Cause forces the Gouty Humor inwards, or some internal Cause invites it thither, it falls with fury on the Intestines. Hence arises a gnawing and corroding Pain, with a quick Pulse, and a small Fever. If at the same time there
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is any GOUT in the Extremities, it immediately vanishes, and all flies to the Intestines; where breaking the distended Arteries, the Blood which is forced out is poured into them, and thence thrown out by the Fundament, or Mouth, in the Quantity sometimes of a Pint or more. Great Languors and loss of Strength immediately succede this; the Extremities grow cold, the Patient falls into frequent Swoonings, and his Life is in imminent danger. The Pain is eased by this Evacuation; and if he can sustain the Violence of the Fit, he grows easy, and is for some time free from any GOUT. This Distemper is not always content with one Visit, but often returns, and exactly resembles the GOUT in regard to its periods: and sometimes in the First attack, sometimes at its Return, leaves an Ulcer, or Imposthume in the Intestines.

AN ARTHRITIC MELANCHOLY affects those people most who are of tender soft and delicate Constitutions, who are naturally timorous, or who from any other Cause have been inclined to Melancholy from their Infancy. These, as long as they have
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Regular Fits of the Gout in the Extremities, are during the Intervals very chearful and well: but when the Paroxyfms either altogether ceafe, or are not fufficient to carry off the Gouty Matter, particularly when it feizes on the Stomach and Inteftines, the Appetite and Digestion begin to be depraved. The Patient is then troubled with Hypochondriac Wind, Grumbings in the Inteftines, Difention of the Parts about the Heart, and fometimes an almost continued Pain of the Inteftines. Hence by the Consent of Parts, the Brain and Nervous System is affected, and the Patient becomes melancholy. Nothing can be more miserable than the State of thefe unfortunate People: they neither fleep nor eat, and are fo dejected as to be even weary of their Lives; nor will they fo much as hope to be ever in a better ftate on this fide the Grave. No Species of the Anomalous Gout is more Chronical, nor fcarce any more frequent than this. It generally begins, unlefs any Accident occasions it, about the forty-fifth or fiftieth year; and feldom leaves the Patient entirely, without Medicine interpofes very effectually, but returns at Intervals, and thofe often very fhort ones.

ones. However when the GOUT is worse, this Melancholy is better; and so on the contrary.

THE GOUT often causes a Swooning, especially after drinking cold and thin Liquors during the Fit, or eating any thing which the Stomach is not able then to digest. In this case the Patient first finds himself ill all over, then grows pale, and on a sudden breaks out into a cold Sweat. His Pulse is weak, slow, and unequal, and sometimes intermits; at last he faints away, and loses all Sense and Motion. In the mean time if there were any Pain of the GOUT in the Extremities, it instantly retires, and the Patient without immediate Assistance, dies.

THOSE People are subject to an ARTHRITIC ASTHMA, who have a bad Conformation of the Breast and Organs of Respiration, and whose Parents were Gouty or Asthmatic, or both. Whatever repels the GOUT from the Extremities, Opiates given injudiciously, and a sudden Suppression of any habitual Evacuation, cause this sort of Asthma: it sometimes follows immediately
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a regular Fit of the Gout, when it hath by any means been shortned ; as a Fit of the Gout often cures an Asthma. These Asthma's are, like others, of two kinds ; a dry, and a moist. In the former, the Patient's Respiration is very short and difficult, gasping as it were for Breath, with a great Oppression of the Breast ; in the mean time hath little or no Cough, and spits but little. Those who have used themselves to drink Brandy and other Spirituous Liquors are most subject to this sort. In the moist Asthma, the Patient coughs up generally a thick viscid Matter, by which he is relieved till a fresh Supply is furnished by the Blood : and this sort commonly affects people of a thin lax Habit, and principally in Autumn. The Gouty Matter is sometimes coughed up intangled as it were in this Phlegm ; inso-much that several Gouty People have been preserved from more dangerous distempers by this Discharge, when regular Fits on the Extremities have been wanting. In a dry Asthma, the Gouty Matter is fixed upon the Membranes, Nerves, and Muscles of the Organs of Respiration ; and in the moist Asthma, the same Matter is mixed

with the Serum of the Blood. Sometimes the GOUT appears originally in the Shape of an Asthma with much the same Symptoms as those which attend a genuine Asthma, from which it is not easily distinguished; till in process of time the Arthritic Matter falling upon the Joints sets the Lungs at Liberty. The dry Asthma however is much the most dangerous, and often suffocates those whom it seizes.

THE persons most subject to a GOUTY DEFLUXION, A COUGH, AND AN INFLAMMATION OF THE LUNGS, are those who have naturally a bad Conformation of the Breast, and a tender Constitution; or whose Lungs have been hurt by a Blow, a Fall, or violent Exercise, and Vociferation; or those whose Parents were Consumptive or Asthmatic. It is very difficult to distinguish when the GOUT is the Cause of these Distempers, in such as have never had it in the Extremities: but as the Distempers of the Parents may give some Light in this Affair, it is prudent to have them always in view. When People that have been used to regular Fits of the GOUT have them either more seldom or more mild than usual,

usual, or the Fit is interrupted by an External Cause, as improper Applications to the Part, Cold, or such like, there frequently comes on a Heaviness of the Breast, a Stuffing of the Lungs, a Cough, and thereby a Discharge of Matter at first very thin and afterwards more thick; and these Circumstances assure us that the GOUT is the Cause of the Disorder. Sometimes though the Fit is not interrupted, these Accidents will happen because it is too Mild; and this may make it doubtful whether the GOUT is the Cause or not: but a regular fit returning some time after with greater Violence frequently manifests the true Cause. Old Men, and those of a Middle Age, are most subject to these GOUTY Disorders of the Lungs; but young Men, and Women before they have had Children, are seldom troubled with them. The Spitting is at first but small in Quantity, and that thin; but in a little time it increases so much as to oppress the Breast greatly and to stuff the Lungs, at the same Time causing Hoarseness and difficulty of Breathing: and if it lasts for a long time, wastes and weakens the Patient till it hath destroyed him. As the Spitting

increases, the Gout in the Extremities declines: and though this Discharge by Spitting, provided it is not immoderate, is generally found to be of service, yet in extreme Old Age it is sometimes so great as to weaken and destroy the Patient. But this seldom happens. A Cough is the most frequent of all these Accidents abovementioned, and generally follows a regular Fit; but seldom accompanies it unless in very Gouty Constitutions, and where the Lungs are at the same time weak. It sometimes ends in a regular Fit, especially if assisted by some brisk Purge that is capable of agitating the Blood. It is sometimes very troublesome for four or five days before a Fit, and may be looked upon as one of the preceding Symptoms of it. A Catarrh, or Defluxion, is always accompanied with an Asthma and Inflammation of the Lungs; which, tho' it may affright the Patient, is not dangerous, provided the Lungs are naturally good and hurt by no accident, and that the cure is attempted early. These Coughs and Defluxions have often their Intervals, and return by Fits when the Gouty Matter abounds in the Habit; but they most frequently happen
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in Autumn. They are seldom accompanied with any Fever, or but a very slight one: but if the Patient takes Cold, or indulges himself in the use of Spirituous Liquors, there is danger of an Inflammation of the Lungs; the Signs of which are the same as from any other Cause.

WHEN the GOUTY Matter is repelled by any external cause and driven upon the Lungs, or is invited thither by the Weakness of the Parts, it occasions a CONSUMPTION. The Patient is first seized with a Heaviness of the Breast, Difficulty of Breathing; and Hoarseness; he then begins to Spit a thin Phlegm which by degrees grows thicker. In process of time his Flesh becomes loose, he wastes by degrees, and loses his Strength in proportion as the Discharge from his Lungs increases. In the mean time, there is no Gouty Tumor or Pain in the Extremities, or at most but very little and of short duration. The Paleness of the Face and an universal loss of Flesh daily increase; and the violent Cough which attends it sometimes brings on a spitting of Blood. At last an Hectic Heat comes on with a quick Pulse and

dry Skin, especially in an Evening, which is succeeded by Symptomatic Sweats. So that at last the Patient is worn out by a violent Cough, great Spitting, melting Sweats, obstinate Looseness, or if no Looseness, Swelling of the Feet. A genuine Consumption generally seizes upon Young people: but that which is Gouty rarely affects any but the Old. Women however are subject to it when they cease to breed, and after a certain Period.

THE ARTHRITIC QUINCY hath yet been but very little considered by Physicians: and yet it often seizes the Patient at the very same time with the Pain in the Joints; and frequently follows some little time after a regular Fit. When it forms an Imposthume which discharges Pus plentifully, it supplies the place of a Gouty Fit, renders the Patient healthy and chearful, and frees him for some time from the Gout. This Quinzy likewise often ends in a Fit, by a translation of the Arthritic Matter upon the Extremities; which sometimes happens by Accident, and is sometimes procured by Art. The persons most subject to it are those that have short and thick

thick Necks, and moist lax and weak Constitutions. It generally comes in Men about the Middle time of Life, in Women, to whom it seldom happens, after the Menses have left them for some time: and in neither, till the Blood is bilious hot and thin, and the Habit too full of the peccant Matter, and ready to break out into a Fit. A greater Fever precedes this Quinsy than any other Species of Anomalous Gout; and it is soon after succeeded by a Pain and inflammatory Tumor in the Throat; so great sometimes as to prevent the Patient from eating or drinking, or taking his Breath without the utmost difficulty, for three or four Days: Sometimes a great quantity of Spittle is discharged from the parts about the Mouth, the Patient is costive, and the Blood when taken away appears extremely fizy, even more than in the Regular Gout. But the Matter is frequently transferred from the Throat, and falls upon the Hand, the Foot, the Knee, or any other part of the Body. If a Nausea and Sickness of the Stomach, a Heaviness, Numbness, and wandring Pains have preceded this Disorder, there is great reason to believe it proceeds from a Gouty Cause,

Cause, when they happen to a Patient used to regular Fits, which have been for some time interrupted.

AN ARTHRITIC HEAD ACH generally seizes those who have been Gouty for many years, and who being past the Meridian of Life indulge themselves too much in eating, drinking, and idleness; and hence become gross and plethoric. It is frequently preceded by the Signs of an approaching Fit of the Gout, which continue for some days and then end in a regular Fit. But the Gout then receding, or being too languid, an Head Ach ensues, which lasts for many Weeks, nay sometimes Months: and unless the Gout is transferred to the Extremities, or at least removed from the Head, it ends at last in an Apoplexy: indeed it seldom ends except in one or other of them. The Pain is sometimes not very great, but of long Continuance; and it is sometimes excessive and intolerable, arising almost to a Delirium. The Patient sometimes complains of the Head Ach only; but it is commonly accompanied with a Giddiness, a Noise in the Ears, a large Pulse, Difficulty
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of Breathing, Wandring Pains in the Limbs, and a florid Colour of the Face : all which Symptoms vanish as soon as the Morbific Matter falling upon the Extremities, causes a regular Fit.

AN ARTHRITIC GIDDINESS exactly agrees with the above Head Ach : The same sort of People are principally subject to it : it hath the same Causes, is accompanied with the same Accidents, and is in like manner cured by a regular Fit. It is sometimes very slight, and a sign of an approaching Fit, ceasing when the Gout becomes regular : but it is sometimes very troublesome, insomuch that the Patient can scarcely walk without falling. It hath not been known to terminate in an Epilepsy, which is common in a genuine Giddiness ; but if a regular Fit of the Gout doth not happen time enough to prevent it, in a little time it ends in an APOPLEXY. In this Case the Head is heavy, the Face is bloated and red, the tongue often falters, the Motions of the Body are disorderly, and the steps unequal. If the Disorder increases, the Patient is suddenly deprived of all Sense and Motion, and his Eyes become

greenish as if he was dead. A Snorting, and Snoring, and all the other symptoms of a genuine Apoplexy attend this; so that its Gouty Nature must be discovered by attending to the State of the Constitution, and considering what sort of Paroxysms have preceded. The Spring and Autumn favour most the production of an Arthritic Apoplexy: and if a right Method of Cure is applied, many Patients recover of this Distemper, and afterwards enjoy a much better State of Health than those who recover of a genuine Apoplexy; especially if they become regular, temperate, and sober.

THE Arthritic Matter sometimes falling upon the Origin of the Nerves causes a Palsy of the respective parts to which they belong; and that more particularly in such Gouty Constitutions as incline to a Fullness of Blood. A moist and fenny Air, a Sedentary Life, a bad Regimen, a frequent use of Opiates and Spirituous Liquors, immoderate Venery, Cold, too much use of warm Medicines in hot and bilious Constitutions, or whatever hinders the Gout from falling upon the Extremities,

ties, or repels it when there, are the usual Causes of an Arthritic Palsy. The Nerves of the Tongue are sometimes affected, and then the Patient loses the Use of his Speech, or can utter but half words imperfectly. If that Branch of them which belongs to the Stomach is affected, the Patient loses his Appetite and Digestion, and hath an Aversion to all Aliment whatever; insomuch that he daily wastes and insensibly becomes Consumptive. This Case hath happened in Gouty Constitutions where there hath been also a Fullness of Blood; and from these Causes first an Apoplexy, and then a Palsy. When an Arthritic Palsy comes in Bilious Constitutions, especially when it follows a Bilious Colick, the Patient loses his Appetite, his Flesh wastes, his Skin doth not perspire but is dry and of a yellow Colour, as are particularly the Whites of the Eyes. Sometimes one Side only or one Member is affected, as the Tongue in particular: sometimes the Distemper is accompanied with convulsive Motions and sometimes without, and sometimes renders all the Parts of the Body useless and immoveable. This Disorder is very difficult to be cured, especially

ally when it succeeds an Apoplexy; and if the Apoplexy returns, it is generally fatal.

IT is common enough for a Gouty person to feel WANDRING PAINS in the Back, Loins, Shoulders, and external Parts of the Head, which affect him for some time and then remove elsewhere; insomuch that these Pains are frequently, mistaken for the Rheumatism. But sometimes they remain for a considerable time in the same Part, giving the Patient much Uneasiness; and this happens frequently, particularly in the LOINS, affecting the Patient as if he had the Stone in his Kidneys. The Seat of the GOUTY Matter upon this occasion is the Back bone and its Membranes; and it seldom happens but in Constitutions worn out with Age and the GOUT, and not able to throw out a regular Fit. The peccant Matter will also sometimes fall upon the EYE, and cause an Inflammation of its Coats, which immediately vanish as soon as a regular Fit appears in the Extremities. An ERYSIPELAS, or Inflammation called St. Anthony's Fire, will sometimes terminate in the GOUT, which shews it was
caused

caused by Gouty Matter : and this Matter, when the Fits are too mild and interrupted, in some Constitutions is evacuated by the Ears, and in others by little Ulcers on the Head and Face, without any Appearance of it in the Joints. In all these Cases, the Danger is much less than when the Matter fixes on the Internal Parts and affects any of the Entrails : they are attended also with these Advantages, that they very seldom recede and fall upon the Internal Parts, but are often transferred to the Extremities, and cause a regular Fit. The Gouty humour will sometimes fall upon the Glands in the ORBIT of the Eyes, and cause a Discharge of sharp Serum from them : and sometimes upon the Gums and Membranes which surround the Roots of the TEETH, and give violent Pain. These sometimes happen after the GOUT hath been repelled from the Extremities, and sometimes end in a regular Fit. In short, the Nose, the Lips, the Tongue, and every part of the Human Body is liable to an accession of the Arthritic Matter.—Let this long Account however be closed with an Observation, which ought never to be forgotten, that tremendous as the
Malady

Malady of the GOUT, may hence appear, yet MUSGRAVE was of opinion, that a Person long afflicted with it and used to live freely, can never attempt to conquer it by Abstinence without the utmost Danger.

As no one hath ever presumed to give the History of a REGULAR GOUT after SYDENHAM, so the Reader will not wonder to be told, that the preceding History hath been the Standard, to which every Subsequent Writer on the IRREGULAR GOUT hath constantly referred us; as despairing to produce a better. Indeed from all that I have felt myself, or observed in others, compared with what I have read in the Ancients and the Moderns on the Anomalous GOUT, or what I call THE GOUT MISPLACED, no one appears to me to have been so much a Master of it as MUSGRAVE; even the illustrious SYDENHAM himself not excepted. The Latter probably led the Way, and opened the Ground; but it was the Former only that traced an Irregular GOUT through all its various Windings, and thus enabled the Arthritick to distinguish the many Appearances under
which

which its Attacks are made on his Constitution : And how regular soever the GOUT may continue for several Years, yet under some or other of these Appearances, an Attack, sooner or later, will be the Fate of every Arthritic Mortal. But by the Help of the Directions which he will find here adapted to the different Cases, he may make a tolerable Stand against them All ; till That last Grand Attack upon which he is doomed to fall, in order to be carried off and gathered unto his Fathers. Be it observed however with SYDENHAM for his Consolation, that Generals, Admirals, Kings, Emperors, and Philosophers, have thus lived and died.

THE Reader having had a view of every thing which I judge Material on what may be called the Theory of this Disorder, except what relates to the *Matter of which the GOUT is formed*; and this being a Point of great Importance, and hitherto only hinted at, I shall now speak fully to it, as I proposed. To this end, passing by the Absurdities of the Ancients, let me be permitted just to repeat, that according to SYDENHAM the Arthritic Matter consists of the
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putrifying Heat and Acrimony of indigested Juices: BOERHAAVE gives it the Appellation of an Acrimony or Over-Toughness of the Liquid which waters the Nervous Parts: LISTER makes it to be a crude and viscid Serum become ichorous and corrosive: BENNET defines it an Acrimony that is invariably of the putrid, volatile, alkaline nature: QUINCY says that it consists of Rigid Particles such as approach near to Saline, of the nature of Tartar, and not much unlike That which forms itself into Concretions in the Urinary Passages: CHEYNE in one place calls it Tartarous, Urinous, or other Salts; and as though this did not include enough, in another place he describes it to be a gross and crude Humor: INGRAM will have it to be a Coagulation made by a Mixture of Saline Particles with the Oil of the Adipose Membrane. As every one of these Writers makes the Gouty Matter to be an Acrimony taken in with our Aliment, which they call either Putrid, Viscid, Corrosive, Saline, Urinous, or Tartarous, so Dr. JAMES—whose Name needs no Addition—disagreeing with them all, hath judged

this Acrimony to be Earthy, and delivers his Opinion in the following manner.

“ As a great deal of Earth resides in the circulating Fluid, it will be of Importance to trace it from its Source, the Ground to its entrance into the Blood; after having observed that Human Bodies, as well as those of other Animals, are nourished either by Vegetables, or Animals, which gain their Sustenance from the Soil. In the Ashes of all Vegetables we find a great Quantity of pure virgin Earth; which when perfectly freed from the adhering Salts, is neither capable of being altered by Fire, nor dissolved by Water: And yet without such a Solution it is inconceivable how this Earth could pass through the extremely minute Pores of the Roots, circulate in the Sap, and contribute to the formation of the Vegetable. It is therefore highly probable that this Solution is brought about by some Means into which it is not our Business at present to inquire. When Vegetables are taken into the Stomachs of Animals, the Earth which they contain, or at least a Part of it, must necessarily undergo a Second Solution; otherwise

Med. Dict.
Article
Arthritis.

wise it could not enter into the minute Orifices of the Lacteal Vessels, circulate with the Fluids, and ultimately be converted by the Vital Powers into Nourishment for the Solid Parts of Animals: and that it doth take this Circuit is certain, because we find a great Quantity of this Earth both in all the Solids and Fluids of Animals; which is not conveyed thither by Magick."

“ If animal Substances are taken by way of Aliment, the contained Earth must undergo a Third Solution, perhaps more difficult to be brought about than the two former; as the Parts of Animals adhere more strongly than those of such young Vegetables as are generally used in Food. This Solution of the Earth in Animal and Vegetable Substances is made by the Powers of Digestion: and if these are vigorous and perform their Duties regularly, the Mass of Blood is supplied with fresh Chyle suited to perform all the Offices required by the Animal Oeconomy. But if the Powers of Digestion are defective, this Solution is imperfect in Proportion: inso-much that if the Aliment be scarcely dif-

dissolved at all, it is either discharged by Vomit, or passes off by Stool little altered."

"It would perhaps be difficult to trace the Aliment through all the different degrees of Solution, and to account for all the various Disorders caused by the Stagnation thereof in the different Series of Vessels. It suffices for the present purpose, that whenever any Particles of the dissolved Aliment arrive at a Series of Vessels, whose Diameters are less than their own, they must there stagnate, unless they are capable of being divided into small Particles. Now with respect to the Gout, let us suppose a Man in full Vigour who eats and drinks with Appetite, and by the help of due Exercise preserves a Tone and Elasticity in the Organs of Digestion, sufficient to dissolve his Aliment effectually; suppose also this Man leaves off, on a sudden, either in part or totally his habitual Exercise, and that his Appetite does not diminish in proportion to his Powers of Digestion. It may happen in this Case, that the Aliment may be sufficiently comminuted for most of the Purposes in the Animal Oeconomy; whilst the Earth is not so perfectly dissolved as to circulate

freely through the remote Series of Vessels which convey Juices to the Parts beyond the Blood, or which are nourished by Lymph, thin Serum, or some finer Fluid; such are the Tendons, Ligaments, and Nervous Membranes."

"WHEN therefore the partially dissolved Portions of Earth arrive at very remote Vessels, whose Diameters are smaller than their own, being hard and incapable of further Division, they there stagnate, and distend the extremely sensible Nervous Fibres: and being also impelled by the succeeding Fluid, they are driven against, cut and tear the Nervous Fibres, and are productive of that excessive Pain of which Gouty People are too sensible. When a sufficient Quantity of this Obstructing Earth hath in repeated Fits of the Gout been fixed upon the Part, the Tendons and Ligaments grow stiff and immoveable; and by degrees the obstructing Matter works through the Integuments or Coverings, and appears in its proper original Form, that of Earth or Chalk. If this obstructing Matter should be repelled, or hindered from fixing on the Extremities, either by Accident or Design, it may be
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impelled upon the Nervous Membranes of the most noble Organs, and cause the Disorders peculiar to each respective Part. Hence then we may understand the Reason why the Gout hath in all Ages been deemed Incurable; because it resides in very remote Vessels in a great Degree out of the Sphere of the Operation of Medicines.”
 —Thus far this Great Physician.

BUT before I take upon me to examine the several Theories which concern the Arthritic Matter, and are above recited, I must now subjoin Another from the French Professor LIGER before mentioned; were it only for its Novelty, and its absolute contrariety to All the Notions that have ever yet been formed, by the Ancients or the Moderns, of this Distemper. The Reader shall be presented with it in his own manner, as it is given us by his Translator.

“ It is agreed by most Authors to admit of only One Cause of the Gout; but not one of them hitherto has discovered this Cause; and this hath produced such a Multitude of Systems relating to this Distemper. Every one hath applied himself to forming an Hypothesis, by which to account for such Phænomena as were impos-

Treatise
 on the
 Gout.
 Chap. 3.

sible to be solved by the System he opposed; but without perceiving that his own laboured under the same Defects for which he reproached others. I own however that those who have assigned Excess in Liquors and Solid Aliments to be the Cause of the GOUT, are partly in the right: I agree with them in admitting the same Cause, and only differ from them with respect to the particular Qualities of these Foods and Liquors. The true and only Cause of the GOUT, I maintain to be the use made of Liquors and Aliments which contain too great an Abundance of Mucilage: nor is it necessary to have recourse to Debauchery and Excess; this Cause alone being sufficient to account for all the different Phænomena, or Appearances, which attend the GOUT; with the further Advantage, that it is distinguishable by every one afflicted with this Disease: for that the Gouty Humor is a Real Mucilage, may be sufficiently proved from even the sight and touch of it. It hath the same Consistency, the same Transparency, as other Mucilaginous Humors: it hath also a Tenacity, Viscidity, or sily Quality, which glues together the Parts in contact; a peculiar Effect of Mucilages. By Mucilage

lage I mean a mixed Body, compounded of very little Oil, a good deal of Earth, and a very large Quantity of Water and Air; and which consequently is viscid and glutinous. This Mucilage appears to be the Vehicle of the nutritive Particles; that is, of the Particles that are to be assimilated so as either to become Organical Parts of our Bodies, or at least to contribute to their Support and Increase. This Mucilaginous Matter is of very easy Digestion and can only hurt by its superabundance; which occasions a thickening in the Mass of Humors, or in the Blood in general."

"It is not sufficient to demonstrate that Chap. 4.
the Gouty Humor is itself a Mucilage, perceivable in the Part afflicted, and even in the Whole Mass of the Fluids: this Mucilage must be traced further; and I shall endeavour to discover the Origin of it, seeing its Character is extraordinary and contrary to the Order of Nature. I have already said that it is the Product of certain Solid Aliments, and still more of some Liquids which contain a great deal of Mucilage. It is then an habitual bad Regimen to which the Cause of the peculiar

Character of the GOUT must be attributed : and I make no Scruple to affirm, that this bad Regimen consists rather in the Liquid than the Solid Aliments. Of all the common Drinks none contain a greater Quantity of Mucilage than good bodied Cyder, and next to that Strong Beer : and these are the two Liquors which bring on the GOUT more readily than others. HOFFMAN openly declares, but without giving the Reason, that Beer causes the GOUT sooner than Wine. I am not afraid to affirm that it is because Wine contains less Mucilage than Beer. This Reason must be admitted if the Wines themselves bring on the GOUT more easily in proportion to the Quantity of Mucilage they contain. Experience sufficiently confirms the Opinion of those who have advanced, that Sweet Wines cause the GOUT much sooner than others : and those Authors might have added, the more Sweetness these Wines seem to have, the greater their Tendency is to cause the GOUT. This Fact is strictly true and must be so, as these Wines contain more Mucilage than others. It is certain that all Liquors causing the GOUT contain a certain Quantity
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of Mucilage; that these Liquors accelerate it in Proportion to their abounding in this particular: why then should not the Gout be concluded to be solely the Product of this same Mucilage, seeing it is otherwise very discernable in the Humors of Gouty Persons and in the Parts affected by it? Possibly it will be allowed that good Cyder and strong Beer greatly tend to bring on the Gout, as this is no more than what is proved by daily Experience: but that this is the proper Effect of the Mucilage they contain will be questioned; because on the other hand they furnish a greater Quantity of Acids, Salts, and Spirits, than middling Cyder and Small Beer. This I do not deny; but if this Proposition is to take place, it must also be allowed me, that Wine, of all other common Liquors, should be the most productive of the Gout, as being more replete with those Principles than any of the other Liquors: yet Wine is not the Liquor most to be feared for the Gout. But what absolutely disarms the Adversaries of this Opinion without Resource, is that the Wines that afford the greatest Quantities of Acids, Salts, and Spirits, are so far from causing the Gout

in a slight manner, that they seem on the contrary to prevent it."

"The Cause of the Gout in Persons who have all their Lives abstained from these Liquors must be found in their Solid Aliments: And if Aliments are nutritive in proportion to the Quantity of Mucilage contained in them, it is not at all Strange that even such as have abstained from all Mucilaginous Liquors should be liable to the Gout. For these Aliments, without the Concurrence of Liquors, are more than Sufficient to cause the Gout. Now the most nutritive Foods, or at least their principal Substances, may be said to be Mucilaginous; the Extracts of them affording a considerable Quantity of Mucilage: And the general manner of living of Gouty Persons is not only on such Food, but not contenting themselves with it as Nature offers it, they increase its Nutrition by the infinite different preparations and Seasonings invented by the enormous improvements of the Art of Cookery. Hitherto I have been silent with regard to the use of Milk, at present so much in Vogue, either for assuaging the Sharpness of the Pains,

Pains, or totally destroying the Gouty Humor. But besides that Few of those who have had Recourse to it are fully satisfied with it, and many have found it hurtful by its not being entirely digestible by them, it must, from the many fat and mucilaginous parts which it contains, rather tend to bring on the Gout, than to be a Preservative against it. If any person ever received any Benefit from it, it was because the Use of Milk continued for any time necessarily removes the Causes of the Superabundance of all Humors; a person obliged to live upon Milk seldom taking more Nourishment than is necessary for repairing the Losses he constantly sustains: and further, every person under a Milk Diet perspires a great deal more than usual: these are the true and only Methods by which Milk may procure relief: nothing more can be said in favour of it."

THE preceding Extract will be sufficient to inform the Reader of the French Professor's Theory of the Gouty Matter; and it will give some Idea of his Whole System. Though it is of no moment to a Man under

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der the excruciating Pains of the Gout, to know what the Nature of That Matter is which thus torments him, yet it is of great Importance in the Interval, where alone any good Effect can be produced towards lessening the Pain and Number of his Fits, that if possible the offending Matter should be ascertained, in order to determine the Regimen upon which the Happiness of his Life depends. But Important as this Point really is, amidst such a Variety of Opinions, some of them opposite to one another, what is a Gouty Man to do? A great Disgrace hath been brought upon the Science of Physick by this Variety: and had it ended here, it would have been well. But I know a great deal of Mischief hath been done by it amongst Gouty People, who having no Physical Knowledge to direct their Judgment, have gone the Round of all the differing Systems to the Prejudice of their Constitutions. When men indulge themselves in Speculations which have no Influence on the Practise, their Disagreement is rather a matter of Pleasantry; and it is a Folly to be disturbed at it. But when the Ease and Health of a vast number of People depend on such

Specu-

Speculations, a Diversity in them becomes pernicious: at best it leaves the Patient under Confusion and Uncertainty; and not being able to determine which of them is Right, he either tries them all, or, which is safest, neglects them all; and thus is sure to suffer. In order therefore to rescue my Gouty Brethren from this Uncertainty, and to enable them, if I can, to decide which affords the most rational ground for a Regimen, I shall beg leave to examine the several Opinions of the Arthritic Matter above recited; and to which all the rest that I have seen, tho' they are very numerous, may be referred. I am not insensible that by undertaking this Task, in which I must be left almost entirely to myself, I have assumed more than may be expected from a Man of my Profession: But when I first took up my Pen to write upon this Subject—for the sake indeed then of my own Family only—I proposed to give as Full and as Plain an Account of the Gout as I was able, without omitting any thing which I judged might be of Use: And therefore if I should not discuss such a very Important Point as this of the Arthritic MATTER, the Performance would not answer
my

my Design. Besides, a great deal of Time, Experience, and Application must have been thrown away, if I am not qualified in some measure for what after all doth not depend much upon Physic or Philosophy, but chiefly upon Experience and Common Sense. It is to be hoped, however, that the Goodness of the Intention will compensate for any Defect in the Execution.

THE several Opinions on the MATTER which occasions the tormenting Pains in this Distemper, may be reduced I think under Four Classes; in one or other of which, All the Authors that have been mentioned, if not All who have written upon it, howsoever they may have expressed themselves, may very pertinently be ranged. There is first the Acrimony of a putrid Heat and Viscidity in the Fluids or Juices; which will comprehend the Systems of SYDENHAM, BOERHAAVE, LISTER, and BENNET. In the second Class may be placed the Acrimony of urinous, tartarous, or other Salts; contended for by CHEYNE, QUINCY, INGRAM, and most others. The Acrimony of Earthy Particles undissolved, to which the Preference hath been given
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by DR. JAMES, will make the third Class: And the fourth Class will be distinguished with Monsieur LIGER's Super-abundance of Mucilage without any Acrimony. Let us consider them in the Order in which they lie.

THE first Class of Opinions is comprehended in the *Acrimony of a putrid Heat and Viscidity in the Fluids or Juices*. I wish SYDENHAM, or his Commentator, had made an Article of such Moment a little more intelligible: but as neither they, nor the other Writers who adopt the Notion, have explained it, the Reader must accept of such Light as I am able to throw upon it without Assistance. The Fluids or Juices in the Human Body may be considered either as crude and retaining the Nature they had when taken in, or as digested. From the latter no Ill can arise; and they are therefore out of the Question. The former are either derived from Plants or Animals: the Juices made from Plants, either Corn, or Fruit, crude or fermented, if the vital Powers are sufficient, are wrought into that state which would naturally attend a warm moist Digestion of them.

them. But when the Blood does not assist in diluting and assimilating the Aliment, thro' the Weakness of the Fibres, or the Want of Exercise, the Humors remain Crude and acquire an Acrimony. Or the Fault may be in the minute Vessels when they are too strait—which is the Case, as hath been proved, in All Arthriticks—; or in the Weakness of the Vessels, when their muscular Coats don't grind the Fluids fine enough; or in the Fluids themselves, when their component Particles are too large and viscid to pass the minute Vessels.

THERE is no Difficulty however in conceiving, that if the Secretory Vessels, and the Outlets provided by Nature in the last Concoction, are hindered by any Cause—no matter what—from performing their several Offices, the excrementitious part of the Juices, intended to be circulated and carried off, must stagnate; and stagnating must encrease in Bulk, and acquire Heat, Putrefaction, and Viscidity. This last appears very plain from the Excrements of the Nostrils, which after a long stagnation are a perfect Glue. It is no less plain that the Bulk of the Particles of the Fluid will

be encreased by the Union of many of them together; (they being all, as far as the best Glasses can discover, nearly round, and easily sliding into one another) just as we see two Globules of Mercury close into one larger: and that their Stagnation must produce this Effect by giving them Time to unite, will easily be apprehended by every one who hath seen how Rest precipitates the Salt in Water, or settles the gross Particles of Urine. But further, it must be observed here, that if our Aliments are digested into such Liquids as are found in a healthful Body after an Abstinence of little more than two Hours,—that is, are made into good Chyle—if they were left to themselves they would begin to putrify. But more than this, the Food which we take in from the Parts of other Animals hath that putrid Disposition in its own Nature, before it hath undergone any Changes in our Bodies. Well therefore may any Stagnation of the Juices incline to Putrefaction: and in such a putrid State the watry Particles are exhaled, the earthy matter becomes acrid, the oily matter is mixed with it in part, and in part corrupts. If we suppose—and it cannot
be

be otherwise—that the Juices thus corrupted have acquired an Acrimony, it will fize and jelly them in the same manner as Cheese is formed by Rennet, or the Curd of Posset by Verjuice: And in such a viscous state of the Fluids, the strong Attraction between their Particles will easily account for Obstructions, great enough to create very severe Pains in this Distemper. For stopping the Passage of other Particles which flow in upon them, as before observed from DR. JAMES, the Vessels must receive the Action and push which they make, ramming them up in effect faster, and by that means will be distended, attenuated if not broken, and unfit to perform the vital Offices. Whether this Explanation will be satisfactory to the Reader, it is impossible for me to know; but it is the best that I can give him: and it appears in my opinion to account very sufficiently for the Pain, Inflammation, and many other Circumstances which attend the GOUT. I see no positive Objection however to the Doctrine intended to be explained; which makes the Matter that occasions the Appearances in this Distemper, to be the “Acrimony of a putrid
Heat

Heat and Viscidity in the Fluids:" and if I did not think there was a better, or at least another Opinion to be added to it, I should not hesitate in imbibing this alone. My Objection to it is of a Negative nature; that it doth not account sufficiently for that very exquisite Degree of Pain which many People experience in the GOUT, nor for those gritty gravelly Concretions deposited by the Urine under a Fit; which by the Consent of the Learned are allowed to be a Part of the Arthritic Matter. But in some Constitutions where there is no high Degree of Pain, nor any such Concretions,—and perhaps there are many such—this Opinion may be satisfactory; and I will not therefore take upon me to say that it is not true, or to be absolutely excluded; for I believe it hath its share: Neither can our Acquiescence in it, and forming a Regimen according to it, be attended with injurious Consequences.

IN the Second Class of Opinions relating to the MATTER which occasions the Pain and other Circumstances in the GOUT, we find it is charged to the account of an *Acrimony, from Urinous, Tartarous, or other*

Salts. Other Salts may be any thing, every thing, or nothing; nor is Urinous, thus applied, a Term which conveys a precise Idea, though very often used by Writers on this Subject. But QUINCY, who meant exactly the same thing, hath expressed it with more Accuracy and Clearness; by calling it the “Acrimony of rigid Particles, such as approach near to Saline, of the Nature of Tartar, and not much unlike that which forms itself into Concretions in the Urinary Passages.” This is intelligible enough without any Explanation, it must be owned; and I presume will be admitted by all the Contenders for that Opinion: but the misfortune is, tho’ it is plain, it is not convincing: at least I have objections to it which I cannot get over. That there are Salts in many, or most of the VEGETABLES which we use for Aliment is very certain; but as Water is universally allowed to be the most powerful Dissolvent of Salts of all kinds, and these are the easiest dissolved of any, so the large Quantity of it used in the Preparation of our Vegetables, to which so much Heat and Motion and Force are added in boiling, if it doth not totally deprive them of all
their

their Saline Particles, by destroying their Cohesion, yet must leave them too fluid to create any Obstructions. The Advocates for this Opinion of the Acrimony of Salts taken in with our Food, will scarcely be hardy enough to deny what hath been now advanced; because a Vegetable Diet is one of the main Pillars on which they build their Foundation of a Regimen for the GOUT. We must therefore have recourse to the LIQUORS made from either Corn or Fruit, for any pernicious Salts in the Vegetables which constitute our Aliment. The common General Liquor of this Country is made entirely from the former: and to say nothing of the Quantity of Water and the Time in which the Barley is soaked in it, previous to its being made into Malt, Water we know is the Vehicle through which the Virtue of it is conveyed to us, and this very much agitated and boiled in Brewing: so that whatever Saline Particles might be originally in the Barley, I apprehend but few or none remain undissolved after all the Operation it undergoes before the Liquor made from it is drank: And in Fact it is apparent,—contrary to what is said by LIGER—that

the Instances are very rare of those who confine themselves to Malt Liquor being afflicted with the GOUT: in short so very rare in this Country—not One I believe in Ten Thousand—as to make it in a manner certain, that where there are any such Instances, the GOUT is owing to some other Matter. In this Argument I shall receive a strong Confirmation from the Testimony of CHEYNE himself, the great Champion of Gouty Salts. After having observed that the Matter of the Stone and the GOUT are much the same, he says “ that DR. CYPRIANUS, the late ingenious Cutter for the Stone, had found that those who only drank Malt Liquor were seldom ever violently afflicted with that Distemper: and amongst many Hundred he had cut, he had never met with One who had only drank Ale or Beer. Whether this, he adds, 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 acquired GOUT, those who only drink
Malt

Essay,
P. 73.

Malt Liquors without Wine or Spirits are seldom violently afflicted with either."

LET us see then how this Case will be with the Liquor made from Fruits; and That in this Country is Cyder and Perry which I shall consider as One, Wine of Currants or Berries, or Wine of dried Grapes. As to the former, it must be owned that in the Cyder Countries, the GOUT is frequent enough to countenance an Opinion, that it is in some measure owing to that Liquor. But doth it therefore follow that the pernicious Quality of it in Constitutions adapted to the GOUT arises from the Salts which it contains? I presume to say it doth not, for a Reason that will soon appear. May it not much rather arise from the Spirits which it includes, and which we know it yields in great Quantities by Distillation? But what I lay a much greater stress upon, May it not also be owing to the Earthy Particles it contains which are not dissolved, and which it contains in great Abundance; because the Strength of it depends not so much on the Apple or the Pear, as on the strength of the Soil in which they grow?

I think we may venture to say that its tendency to promote the GOUT, is owing to one or other of these Circumstances rather than to its Salts. The next Liquor we are to consider is Wine made of Currants, and Berries of various sorts: but these are not in Use enough to form a Character in this Respect; and if they were, they are expanded through such an immense Quantity of Water, as to leave no room for apprehending any Injury from their Salts. The same is to be said of the Wine made of dried Grapes of several kinds, which is now become a Liquor very common in England: and though it is true that their Salts will not be diminished much by being dried, yet the great Quantity of Water which conveys their Juices to us will dissolve or sheath them. The only Liquor therefore now remaining to be considered is Foreign Wines of all sorts; which, it is said, abound more or less with Tartarous Salts. I believe this is true: and in owning it, I suppose, the Favourers of the Opinion I am contesting, will think I have yielded up the Cause. Nothing like it. These Wines abound likewise with an high inflammable Spirit, which, when they are
drank

drank in great Quantities, dissipates and overcomes our own Animal Spirits, which are the primary Instruments of Concoction: They abound also with Earthy Particles derived from the Soil, neither altered by Fire, nor dissolved by Water. I might here avail myself of the Authority of Monsieur LIGER, which I presume in this Point will be submitted to: He says "that the Provinces of BURGUNDY and CHAMPAIGNE entirely owe their happy exemption from the GOUT to their Natural Liquor, which is the best Wines of France; and it is because they are saturated with Salts." But more of this hereafter. There is still however another, and perhaps a stronger Argument to produce against the supposed Injury of their Salts; and which I shall mention as soon as I have considered those of the Parts of ANIMALS, of which much of our Solid Aliment consists. Now tho' this is the Fort of the Advocates for the Saline Tartarous Doctrine, as may be seen by consulting their several Writings, yet they know, without doubt, that the Salts drawn from Animal Bodies are the Product of Art rather than Nature. Besides, they are all Volatile; none that are of a fixed

kind being found among them: and if the Ancients, or Common Sense may be credited, no Salts can withstand the Action of the Stomach, and be circulated with our Juices Unaltered. Accordingly it deserves very particular Notice, that as much Stir as hath been made for many Years past about the Salts of our Aliment by Physical Writers on this Distemper, yet That accurate and skilful Observer of Nature, SYDENHAM, who was Himself afflicted with the GOUT above Thirty Years, hath not said a word about them throughout his Treatise: And indeed his Whole Theory of the Arthritic Matter, is directly opposite to that System. The Ancients held Salt in so great an Estimation for resisting Putrefaction, that they ordered it to be taken for that purpose every Morning, by holding it under the Tongue till it was dissolved; and by washing them with it, to cleanse the Teeth and Gums, and preserve them firm and sound. Whosoever hath read DR. RUSSEL'S Treatise on Sea Water, must be convinced of the great Utility of Salt, not only as a Discutient and promoting Glandular Secretions, but in giving a firm Tone to the Solids, and Strength and Vigour to the

Ruffel's
Treat. on
Sea Wa-
ter, p. 45.

the whole Frame. “ Salt, he says [p. 128] is a kind of Instrument in the hands of Nature for the procreation of all kinds of Plants and Animals; and it is so necessary that there should be a due proportion of it in our Blood, that our Health in a manner depends upon it.”

BUT to come yet closer to the Point, and to give these Gentlemen all the fair Play that can be desired: Supposing we should allow the Existence of Salts in the Parts of those Animals we make our Aliment; that Tartarous Salts float more or less in All the Liquor we drink,—except Milk and Water—in which I include Punch that I had forgot to mention before; and that these Salts are not dissolved nor altered in their Constituent Parts; yet what Prejudice can they do the Human Body? Were Salt of a nature so acrimonious and corrosive, as not to be dissolved nor altered by the Animal Powers in all the Stages of Digestion, till it produced the racking Tortures in the GOUT.—and Common Salt is the hardest to be dissolved of any—then Who in this Country, where so much of it is daily taken in by every body, could be

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ever free from this Distemper? But as a stronger Objection still to the Tendency of Salt in Aliment to procure the GOUT, Have we not a particular Species of Men—as they may be called—the common English Sailors, whose Exercise in general is inconsiderable, the greatest Part of whose Solid Aliment is Salted Meats, of the grossest kind too, Beef and Pork: and are All of these, are Many of them, nay is there One in Ten Thousand of them afflicted with this Distemper? I verily believe not: Because having inquired of a vast number of Sea Officers that have fallen in my way, and who in the Course of their Lives had each of them Sailed with many Thousands, I could never hear of a single Instance: And as a Proof of the Unanswerableness of this Objection, I hope the Reader will excuse me if I mention, that once in a Conversation with Dr. MEAD, whose Memory no body can honour more than I do, when in Kindness to me he was inveighing against Smoked and Salted Meats as highly necessary to the GOUT; and I pressed him with the Objection above-mentioned, He was fairly silenced, and diverted the Discourse to another

other Topick. But farther still: If Salts, and Tartarous Salts particularly, are of such a noxious Quality as to produce the GOUT, then I must beg leave to ask, How it comes to pass that they make so great a part of our Medicines; and why many of them are prescribed by our best Physicians even in this very Distemper; such as Sal Amoniac, Salt of Hartshorn, Sal Volatile Oleosum, Glauber's Salts, and many others; and even Tartar itself?

I SUPPOSE it will be thought that I ought to content myself with the Length I have already gone, in thus singly combating an Opinion so generally received by the Learned, without advancing any thing further. It may be so. But in short one would be almost tempted to conclude, that there is a Property annexed to Salt, which instead of causing the GOUT, seems on the contrary to prevent it. "For there must be some Affinity between the Aliments whose Qualities are opposite to the GOUT, and the Remedies which are most effectual in removing it." This every one must understand, and acquiesce in: and Liger says, further [page 108] "that Experience
proves

proves those Remedies which contain a great deal of Salt, and approach nearest to a Saponaceous State, to be the most effectual in relieving a Gouty Person? And why should it not be so? BOERHAAVE, a great Chymist as well as Physician, hath affirmed that Soap, which is compounded of Salt and Oil, is an universal Diffolvent, the most active and powerful in Nature: Dr. JAMES says “ that Alkaline Salts are the only Substances known in Nature which afford a Menstruum capable of dissolving Earth :” And those who are versed in Husbandry know it to be a matter of constant Experience, that to attenuate the adhering Particles of Earth, on which depends its Fertility, nothing is so effectual as Salt; and therefore it is the Manure, of all others, most in use, where it can be procured with any Convenience. To this Fact let me add another, no less true, tho’ more surprizing.

ONE of my nearest Relations, who under an Hereditary GOUT lived an extreme Sedentary Life, and scarcely ever used Exercise of any kind, was so passionately fond of Salted Beef, even as Salt as Ship-Beef,

Beef, that he constantly made a large Dinner upon it two or three days in a Week, and a plentiful Supper on the same cold at Night. It is true he drank no Wine after the first Ten Years of this Disorder, nor any Liquor stronger than Small Beer. But if there had been any Truth in the Doctrine of Gouty Salts, (as CHEYNE calls them) then His GOUT must have been irritated and inflamed to the highest degree. On the contrary, though it was hereditary and he used no Exercise, his Fits from the Beginning were very short and very light, amidst a great Share of Health, without any Medicines, but now and then a Vomit with Carduus Tea. To the literal Truth of this Case I can bear an Attestation for above Thirty Years, without any Variation in it, except drinking a little Ale at his Supper for the last two or three years of his Life: and when his Beef-Stomach, as he called it, failed him, and his Salt-Diet ceased, he drooped a little and was carried off at Seventy Three. Now whether his GOUT was not thus subdued by living so much as he did upon salted Meat shall be left to the Reader's Consideration. The Fact was exactly as I have

have stated it; and let it avail what it may. But with those who rank in the first Class of Opinions on the Arthritic Matter, it must be conclusive: for where Salts abound, Putrefaction and Viscidity cannot exist. As to Tartar, I can plead CHEYNE'S Authority once more against himself; who

Eff. p. 84. says, "that he questions very much whether Tartar be so Unfriendly to Human Bodies as is imagined: if so we shall lose a great many fine Medicines:" And I knew a very eminent Physician in the Country, who whenever a Bottle of Port Wine was racked off in his Company, always shook about what was left behind and drank it, as the Wholsomest part, he said, of the Wine. The Reader will be pleased to observe that I do not take upon me to decide, whether the Salts taken in with our Aliment, are, or are not, a Preservative against the GOUT; though I incline to think they are: but I apprehend I have made it demonstrable, that they are not of a Quality Acrimonious and Unalterable; and if not beneficial, that they have not the least share in occasioning the exquisite Pain, and other Appearances in the GOUT: and as I said before, they were never mentioned as

such

such by the accurate SYDENHAM; whose Opinion it was therefore as much as it is mine. But it will be further corroborated by what follows.

IN the Third Class of Writers on the Arthritic MATTER, DR. JAMES, as far as I know, stands alone, in attributing it to *Earthy Particles taken in with our Solid and Liquid Aliment*. The Grounds and Reasons of this System, which have been recited in his own words already, are given with so much Accuracy and Clearness as to make any Addition to the explanatory part unnecessary: nor is it more intelligible, than it is convincing. The Objections to the first Opinion have no place in this: for it is easily to be conceived by those who have attended to what hath been delivered above, if they were ignorant of it before, how by means of an Ill Concoc-tion occasioned either by too great an Ex-pence of our Spirituous Fluids, in Study, Venery, or Violent Exercise; or by the Inaction of our Solids; or by the too firm and rigid nature of our Aliments; the Fluids may lose their Figure and Quality for want of Circulation, become Angular
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or Acrid, and unfit for the Purposes of the Animal Life: And Instruments so sharp as these rigid Particles of Earth in such infinitely minute and narrow Secretory Vessels, as have been proved to be the natural Portion of the Gouty, are equal to the highest Degree of Pain we can conceive; and that they are Earthy Particles is evident, from the Chalk Stones in the Joints of some Arthriticks, and from the gritty gravelly Concretions in the Urine of others. We do not therefore grope here in the dark for the Support of a System of the Imagination: it is a Fact which appeals to our Senses for its Reality; and our Sight and Feeling both concur to convince us that the Matter is Earthy. Not one of the Objections made against the Saline System have any Force against this: on the Contrary, those Objections serve to illustrate the Truth and Propriety of the Acrimony from Earthy Particles; as the Reader must have observed. It would therefore be a sort of Repetition only, to enlarge any farther upon this Head.

BUT there is One System yet remains to be considered relating to the Gouty MAT-
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TER, the System of Monsieur LIGER; who makes it to consist of a *Superabundance of Mucilage, and this not imbued with any Virulence.* A great deal of Time and Pains have been expended by him, and not without a considerable Share of Ingenuity, to introduce this Theory to the World. But it is a Theory so very imaginary, so opposite to all Ideas that have ever yet been formed of this Distemper, and he owns himself “this Character of Mucilage is Extraordinary and contrary to the Order of Nature,” that we may well be surprized to be told by his Editor, “that the Faculty of Physick at Paris have distinguished his Performance with very particular Marks of Approbation.” The Reader hath had an Extract from it already, sufficient to enable him to comprehend the Author’s Meaning: and indeed it must be owned he hath made it so intelligible that it is impossible to misunderstand it. Let us therefore examine how far it is consonant to Reason and Experience; and as contrary to them as it may seem, let us examine it without Prejudice.

IT is well known that the Essential Qualities of a Mucilage, are to be Soft, Smooth, and Slippery. Common Sense will tell us that nothing Acrimonious can exist in such a Form; and aware of this, the Author owns that it is not imbued with any Virulence. So far then we are agreed. But how can a Matter which hath these Qualities produce the Racking Pains of the GOUT? He tells us that they are produced by its Superabundance. The Pains which most other Writers impute to Acrimony, this Author imputes to the Tension of the Fibres, and the Dilation of the Vessels destined to distribute the Humors to the Extremities, which by containing a disproportionate Quantity of Fluid, must of necessity distend them. The Acuteness of the Pains proceeds entirely, he says, from the exquisite Sensation of the Vessels, owing to the great Number of Nerves of which they are formed; and the Acrimony arises only from the too long Stagnation of the Gouty Humour in the Parts affected. This entirely corresponds, as to the Way of Reasoning, with what hath been already related: it is however very ill adapted to his Mucilaginous Matter; every part of
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which, except the Earth, would either be taken up into Nourishment, or transpire, before they could create a Superabundance.

BUT how is this Writer consistent with himself in another respect? He hath opposed, as before mentioned, the Notion maintained by every other Author on the GOUT, of its being derived from a Disorder of the Digestive Functions; insisting that those who are frequently afflicted with it must be allowed to have good Digestions except under a Fit. If this were true, how would it be possible they should accumulate a Superabundance of Mucilaginous Matter, which in another place he confesses is very Easy of Digestion? And indeed it is obvious to Common Sense, that the greatest Share of the component Parts of his Mucilage admits of a Solution very easily. Lest the Reader should not remember the Definition he gives of it, already related, I will repeat it here; “that it is a mixed body compounded of very little Oil, a great deal of Earth, and a very large Quantity of Water and Air.” It must be a very bad Digestion indeed, in which the Oil, the Water, and the Air,

are not sufficiently comminuted in the Stomach, or escaped by the opener Passages, long before they have reached the Secretory Vessels provided for a Discharge by Perspiration. Whereas the other Part of his Mucilage, a great deal of Earth, it hath been proved doth not admit of a Solution but in proportion only to the Strength of the Digestive Powers. Here therefore arises this Author's Mistake; in not selecting that Part of his Mucilage which alone occasions the Arthritic Matter, but combining it with others which have nothing to do with it. This reminds me of a late Physician, who admitted that a Mouthful of Bread thorowly chewed as soon as awake every Morning, and fasting an Hour and half after it, is an effectual Remedy in the Gravel; and was at great Pains to investigate the Qualities of Meal, of Salt, and Yeast, of which Bread is compounded, in order to account for it: whereas the Efficacy is in neither, but in the Fasting Spittle, gathered and carried down by the act of Chewing; and, the Stomach and Intestines being empty, passing into the Kidneys and there dissolving the Gravel. Thus if the French Professor

fessor had not unluckily combined his Arthritic Matter, and had selected only those Particles of his Mucilage which are rigid and very difficult to digest, no Objection would lie against his Theory in that respect. The Reader therefore will be pleased to observe, that if instead of adopting the Notion of the Whole Mucilaginous Substance, we adopt only what the Author allows to constitute a great Part of it, it does much honour to Dr. JAMES'S System: And wherever we find Mucilage in the French Writer, let us substitute Earth, and all his Reasoning will illustrate and confirm what our own Countryman had before discovered. But when that Author talks of the Quality of the Gouty Humour being proved from the Sight and Touch of it, as having the same Consistency the same Transparency as other Mucilaginous Humours, I confess I am not able to understand him. In the numberless Fits of the GOUT which I have undergone, I could never discover any Difference in the Matter transpired from the Part affected, and the same Matter at other Times and in other Places. Moreover his Distinctions

Chap.

of the Hot and Cold GOUT, and the

GOUT which is sensible to Heat and Cold at the same Time, is above the Comprehension of my Philosophy or Experience; even after I have attended to his Explanation. Nor is it very material; since he adds immediately after, that there is no Variety in the GOUT as to essential Differences, or particular Kinds derived from different Causes; and yet he hath directed a very different Treatment.

HAVING now gone through every thing which I judge Material on the Theory of this Distemper, I come next to treat of what Physicians call the CURATIVE INDICATIONS; in which I propose to direct the Management of the Patient as to every Circumstance, from the Beginning of a Regular Fit to the End; and then of an Irregular Fit, or a GOUT Misplaced. In the Description which hath been given above of a Regular Fit of the GOUT, we have been told very truly that in general it is preceded for some time with a bad Digestion, Spasms, Crudities of the Stomach, and much Flatulency and Heaviness that gradually increase. I have said in general, because these Symptoms vary sometimes in
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the same Person; and are therefore more diversified, it is probable, in different persons. These are Circumstances which evidently denote a Putrid Ferment of the Juices: and when they have been perceived for some days, so as to make it certain that they are not the Effect of One particular indigested Meal—though even then it would be proper—a Vomit, in those who are easily moved, with a strong Infusion of Carduus, or Camomile Flowers, drinking Seven or Eight Pints so as to operate four or five times, will be of great Efficacy to cleanse the Stomach, and to prevent the Putrid Juices from getting into the Blood and the Parts beyond it, and thus increasing the peccant Matter. In those who vomit with more difficulty, the following Emetick from the celebrated Dr. HUXHAM is recommended; which, he says, is the gentlest of all he had tried, a sufficiently powerful Cleanser, and the most certain in its Effects.

DeMorbis
col. Dan-
m^o.p. 26.

TAKE of Ipecacuanah a Dram, or a
Dram and a half, Salt of Wormwood
half a Scruple: boil in four Ounces
of Spring Water to two; strain off

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the Liquor; to which add of the compound distilled Water of Camomile and Syrup of Buckthorn, of each half an Ounce. Mix for a Draught: and to promote the Operation, let an Infusion of Sage, and Camomile Flowers, be plentifully drank.

Cheyn. p.
79.

“ The Absurdity of the Prejudices which some People entertain against Vomits, is owing to an Ignorance of their Mechanism and the Manner of their Operation; the Stomach itself suffering no sort of Violence.” In Persons very young in the Gout and full of Blood, and IN NO OTHERS, previous to the Vomit, nine or ten Ounces of Blood may be taken away with Safety and Success: and the Morning after the Vomit, a gentle Purge, such as the following, will be proper to clear the Intestines:

TAKE of an Infusion of Senna three Ounces: Glauber's Salts a Dram: Aqua Mirabilis, or Plague, or Mint Water three Drams. Mix for a Draught and observe the usual Regimen.

BESIDE

BESIDE these Evacuations, and removing immediately into the Country, if he lives in Town, a very strict Regard ought to be had to the Patient's Diet; in which he should abstain totally from all Animal Food, and content himself with Coffee, Tea, Chocolate, Sago, Milk and Pudding, with many other Articles of a similar nature, and the Broths of Mutton, Veal, or Chicken; drinking only three or four Glasses of good home-made Smyrna Wine, or of Malmsey, Cyprus, Burgundy, or Canary. This Regimen will in some Measure abate the Rage of the approaching Fit by diluting the Viscidity of the Juices: at least it will not be adding Fuel to the Fire; and it will forward the Gouty Matter, already formed, upon the Extremities.

THE preceding Symptoms being treated in this Manner, the Fit will soon make its Appearance, accompanied with the Fever before described. In this Condition, the Philosophy of the Patient will be of use to him; by teaching him not to dwell on the Melancholy Side of his Fate, but to consider that his Malady is as much the Portion

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tion of this Life in his Constitution, as the common Returns of Appetite for his Subsistence, and the only Relief which he can have against much greater Evils. For a Fit of the Gout hath been very rightly defined, to be “an Effort of Nature to purify the most subtile and minute Parts and Springs of the Animal Machine; which no Art can imitate, nor the most powerful and active Medicine so effectually accomplish.” Whilst the Fever is thus making the Patient hot and restless, he should be supplied with large Quantities of thin, diluting, aqueous Liquors, made warm; and at night small White Wine Whey with Spirit of Hartshorn. My own Practise, from which indeed all the Directions under a Fit are drawn, hath for many years been Sage Tea acidulated very lightly with preserved Barberries, which agreeably quench the Thirst and fortify the Stomach: and for want of these, with Tamarinds; or Six or Eight drops of Oil of Sulphur by the Bell in a Pint of Sage Tea, may answer the same End. By way of Variety, Two Ounces of preserved Barberries boiled in a Quart of Milk, when turned and strained, makes a
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Poffet Drink which may be drank of freely for the same Intention: And the Mouth and Throat being hot as well as thirsty, and making the Patient wish for something that he might drink Cold with Safety, a Gill Glass of Strong distilled Mint Water to a Pint of Spring Water and sweetened with Sugar Candy, or Syrup of wild Poppies, is a Liquor which he may indulge in, as far as a Pint or more in a Night, not only with Safety, but, as I have often found with Advantage; in keeping up the Spirits, and dispelling the Wind, which generally attends the GOUT for want of Perspiration. In Proportion as the Fever is short and violent, or long and moderate, the Fit which it introduces, provided there is no wrong Management, is generally observed to be. The drinking a plentiful Quantity of the Liquors abovementioned will be of great Service in thinning and diluting the Blood (which in the GOUT is always known to be Sisy) in dissolving or breaking the Arthritic Matter, or at least in preventing any further Cohesion and Increase of its Particles, and helping to carry them out of the Body by Perspiration, or Urine. In
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this Situation, the Patient is often tempted to live too low; the Danger of which is greater in those who have been accustomed always to take a Cheerful Glass, (and yet I have observed they are most tempted to it) than in others who live in constant Abstinence. But in Both, the Spirits and Strength should be preserved in their full Vigour by a moderate Use of good Wine, of the Sorts mentioned above; the Quantity to be regulated by the Patients usual Manner of Living, his Strength, and the Degree of the Inflammation: to heighten which will be improper, and to lower it much may be Fatal; and therefore if there must be an Error, it should be in the Former. For the first four or five days he hath no Inclination to Solid Aliment; and no matter: it would be improper for him if he had, unless it were light Bread or Batter-Pudding, Bread and Butter with his Tea, (in which Saffron should be mixed all through the Fit) or toasted Bread or Seed Biscuit with his Chocolate thinned with Milk. During this time, beside the Particulars already specified, good Wine-Caudle will serve both for Meat and Drink; always taking a large Draught of White
Wine.

Wine Whey with twenty or thirty Drops of Spirit of Hartshorn, or Salvolatile which I prefer, at the Hour of Rest.

THE whole Frame of the Body is thrown into a Tumult till the Gouty Matter hath formed a Lodgment on some particular Part; and then the Tumult and Fever in some measure subside, and the Patient hath a small Return of Appetite. He may then indulge in One Dish of Sea-fish, or of Animal Food of any sort, for Dinner; in which he should be more attentive to the Quantity than the Quality; the Powers of Digestion being then weak and languid: and it will not be only Easier to himself, but Safer for his Distemper to eat too little than too much: and with every Meal of Animal Food, all through the Fit, and for some time after, let him use Caian Pepper, which will fortify the Stomach and assist Digestion. I presume I may be single in this Direction: but the Reader may be assured that it is safe, and beneficial, in preventing a Translation of the peccant Matter upon the Stomach. The Quality of his Aliment, thus assisted, should depend entirely upon his Inclination,
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be it to what it will: the Food of easiest Digestion is no doubt to be preferred, if the Stomach likes it; but the Quantity should be less than he is inclined to take: And I am the more sollicitous to impress the Reader with this Rule, because a Transgression of it with very innocent Food, and rather of the Liquid Kind too, in extreme bad Fits indeed, had twice nearly cost me my Life: and I wish to deter others by my own Experience. To those who love Malt Liquor with their Dinner, good Small Beer, provided it is not old, and the Chilliness is taken off by warming, or by a piece of toasted Bread, and Nutmeg, and a little White wine, is as safe as it is agreeable. But to those who are Whimsical enough not to drink Malt Liquor, which is the most Natural Beverage to an Englishman, or who fancy it doth not agree with them, I would recommend Water, heated with a red hot Ball of Iron at the End of a Rod or an old Poker, drank thus warm at Dinner; taking their three Glasses of Wine, or more if necessary, after. The Sago, or Caudle abovementioned, with a Seed Biscuit, is an excellent Supper: Or a sort of warm Punch
made

made of Milk and Water and a Spoonful or two of Brandy, sweetened to the Palate, and well spiced with Nutmeg, may be drank of freely with great Safety: but, if it be strictly observed not to take any thing that will chill the Stomach and Intestines, this sort of Aliments, which is easily understood without being particularized, should be accommodated to the Patient's Inclination; and varied as that varies. When the Gout is Simple, or hath formed but one or two Lodgments, the Severity of this Regimen may be a little moderated: but in Gouts become inveterate, or affecting several Places, not the least Deviation can be permitted without Injury. "Food of small Nourishment, it hath been demonstrated by SANCTORIUS, cools and lessens the Bowels, is soon digested, and assists Perspiration both in Sleep and Waking." The whole Body is so much affected by the Pain of one Part in this Distemper when it is violent, that the Nerves will every where be drawn straiter, the Excretory Passages lessened, and consequently a less Discharge of the Perspirable Matter made than is usual or even Necessary. This points out the Propriety of the above Regimen to promote

Aph. 47.
Sec. 3.

mote Insensible Perspiration; at all times of Consequence, but never of so much Utility as under this Distemper. To what hath been said already therefore, towards attaining this most desirable End, a Direction should be added to keep the Bed as soon as the Fit is formed; which will in some Measure supply the Want of Exercise till the Patient can be carried out to use it in a Coach. The Part affected should also be wrapped up in Welch Flannel, which with the warmth of the Bed will be sufficient to assist the Transpiration of the offending Matter. When he quits his Bed, whether to be removed out of his Room or not, let the Gouty Tumor be covered with carded Wool, which should be kept by him in readiness, or Wool immediately taken from the back of a sheep, and fastened on with Flannel, or what may be better, though I have not yet experienced it, with Oiled Silk; in order to prevent any Air, which might stop the Perspiration, from being admitted. The following Directions about Exercise, I shall give, for the benefit of those who keep a Coach, exactly from SYDENHAM, whose Authority should not be disputed; after having observed

ferred, that it is of the utmost Consequence to guard against what is called taking Cold; either by diminishing Perspiration, or receiving such Particles by the Pores into the Blood, as will chill and thicken the Animal Fluids: for to which of these our taking Cold is owing, the Learned are not agreed.

“ Though the Pain and great Inability to Motion may make the Patient averse to Exercise, yet it must nevertheless be undertaken; even when he thinks himself unable to bear being carried into a Coach, and much more to endure the Motion of it. For upon trial he will soon find himself more easy from such a Motion than he is at home in his Chair. Again, if this Kind of Exercise be used morning and afternoon for some Hours, another Advantage attends it, namely, causing him to rest a great part of the Night, which he could not do when he kept constantly within Doors. But the principal Advantage resulting from the constant Use of Exercise in the Fit, is the preventing the Loss of Motion in the Limbs; which seizes several persons after the first or second long Fit,

Syd.
Works,
p. 501.

occasioned by the Contraction of the Tendons of the Hams and Heels. For when the Pain hath been so violent that they have lain still a long time, not caring to stretch out the Legs when it hath attacked the Knees, they at length lose the use of their Legs and Feet for the Remainder of their Lives. Again, in Aged Persons whose Concoctions are considerably vitiated, and who by the long Continuance of the Disease have the Substance of their Bodies in a manner changed into the Gout, it is not to be expected that the Disease can ever be brought to Digestion without Exercise: for when it exceeds the natural strength, they frequently perish by Faintings and Sicknes, occasioned by the copious Morbific Indigestible Matter; which cannot be assimilated and destroys them like Poison. But notwithstanding what hath been said of the Usefulness of Exercise in the Paroxysms of the Gout, yet if the Fit be so violent as to sink the Patient in the Beginning of it, so that he cannot be moved out of his Room—which happens chiefly in those Subjects in whom the Gout is at the Height, and hath continued in that State for many years—it will be likewise

wife proper for him to keep his Bed: for lying constantly in Bed digests the Morbid Matter more effectually in a few days than sitting up doth in many, especially at the Beginning of a Fit; provided the Patient can forbear Flesh without Faintings and other ill Symptoms, and can be contented with Water Gruel, Small Beer, and the like."

To what hath been quoted above from SYDENHAM, it may be of Importance enough to deserve a Place in this ACCOUNT, for the sake of Young Arthriticks, if a Direction is added, that the Patient should be provided with a Table, Gown, and Chair, for his use in Bed; with small Down Pillows of various Sizes, or with an Eider-Down Quilt if he can afford it, that the Clothes may not press too much upon the Part affected; with an Engine to lift him in and out of Bed when he is Motionless, whilst the Bed is shaking up or new making; with a Waistcoat, and Breeches peculiarly adapted to such a fore and helpless Situation; and with Cradles for one or both Legs when he sits up. As trifling as these Directions may appear, and what-

ever Pleasantry they may be the Occasion of to a Reader who is not Gouty, or to such as are only NoVICES of the Order, yet nothing is trifling, nothing is ridiculous, that will contribute to Ease in this Distemper: and I have chosen rather to be laughed at—if it must be so—for Directing these Conveniences, than that One of my Gouty Brethren should be a Sufferer for the Want of them.

IN a Fit which can be borne with tolerable Chearfulness and Patience, and whilst it continues Regular, the Natural Powers will be sufficient; and nothing more is Necessary than hath been suggested. But when it is arrived at its Height, if the Pain should be greater than the Patient can bear commodiously, and his Nights are Sleepless, then notwithstanding the Prejudices of most Physicians against Opiates in the Gout, he may relieve himself by the following Anodyne.

Take of Opium Six Drams—Soap of Tartar and Castile Soap of each Half an Ounce, Nutmeg powdered one Dram, Camphire Three Drams, Saffron

from two Scruples, Sweet Spirit of Sal Armoniac Nine Ounces. Digest all these Ingredients in a Florence Flask in a Sand-heat for ten days, shaking it now and then till the last day or two, and then pour it off clear and stop it up for use.

OF this Noble Medicine which no Gouty Man should ever be without, take Thirty or Forty Drops, an Hour before it is wanted to operate, in a Glafs of strong Mint or Plague Water, after nothing hath been received into the Stomach for an Hour and Half: and if in an Hour or two after taking it, the Pain is not greatly abated, take Twenty more, and drink sometime after of warm Sage Tea at Pleasure. The Number of drops must be proportioned to the Violence of the Pain, and repeated every Night that the Pain requires it; abating two or three Drops at a time, as the Pain abates, till the Dose is reduced to ten or a dozen, when the Patient may desist at once from any more: and thus the Matter that occasions the Fit, which might otherwise last a Month, or two, or three, will be digested in a Fortnight, and the

Patient enjoy Ease and Sleep. When the Pain hath been so very intense as that I have thought it necessary to add the Second Dose as above directed, and yet was apprehensive that I might be rather heated too much from a larger Quantity than the additional Twenty Drops, and that These might not be sufficient to answer the Intention, I have joined seven, eight, or nine Drops of the following Laudanum: and in the like case I have sometimes taken Fifteen Drops of it instead of the second Dose of the Anodyne Elixir. There are so many Occasions on which Laudanum may be requisite for a Gouty Man, as will be seen hereafter, that He should make it for himself, and keep constantly by him: And the Laudanum which is safer, as well as better, than any Preparation whatever of Opium in the Shops, is thus directed by JONES.

TAKE an Ounce of choice Opium sliced thin, and put with three Ounces of distilled Rain Water into a Pint Bottle [or Florence Flask] corking it lightly, and shaking it three or four times a day for a Week. Keep it in a
Place

Place free from any sensible degree of Heat or Cold; at the end of the Week lay the Bottle on its side for twenty four Hours; and then decant and filter the Tincture into little Phials, so as to fill them within a small space of the Cork [or what is much better, a glass ground stopper] and keep for use.

If the Body, naturally costive in this Distemper, should be made too much so by frequent Repetitions of the Anodyne Elixir, an Emollient Clyster of half a Pint of Mutton Broth, four Ounces of Oil of Almonds, and a spoonful of Brown Sugar, may be administered with Success.

THE Elixir above directed is a Medicine in the GOUT, when the Fit is fully formed, which if the Whole College of Physicians were to exclaim against, I will maintain at the Peril of my Life, if it was required, is as safe as Bread and Butter: And indeed according to Them, at the Peril of my Life it hath been that I have so often taken it. Had no Others written upon it but those who were skilfull in this Distemper

and the Nature of Opium, or had I not been weak enough to acquiesce under their general Condemnation of it, I might no doubt have had the Use of my Limbs at this day as well as I had some Years ago. But being deterred by the great Outcry they raised against it, I have undergone such severe and frequent Fits in my Knees and Feet, of two or three Months Duration, that the Solids, I suppose, have so far lost their Texture as not to admit of any further Supplies of such Juices as are necessary for the Motion of the Fibres: and I am thereby become, I fear, incurably lame for ever. At length however in a most excruciating and tremendous Fit, when Nature was well nigh overpowered, and I had only Thirteen Hours Sleep in nine Days and Nights, I was driven to trie an Opiate: when, to my inexpressible Surprize as well as Joy, I found it as safe as it was successful; even before I had improved it in the manner in which it is now directed. I not only enjoyed Sleep, and freedom from Pain, but I found the Opiate digested the Peccant Matter; the Perspiration of which had been hindered by so much Watching. In a short time after, I very luckily met
with

with “ the Myſteries of Opium revealed,” by Dr. JONES; and from that time I have conſtantly made uſe of it with amazing Benefit; not only reducing the Pain to what Degree I pleaſe, but ſhortning the Fits to about a Fortnight’s Length. For the laſt three Years indeed, by adhering ſtrictly to the Regimen that will be hereafter mentioned, I have brought the Gout to be ſo moderate, as to confine me ſeldom more than a Fortnight at a Time, or to make the taking of the Opiate neceſſary above one or two Nights in a Fit: And that it may not be thought that this is rather owing to Age and Weakneſs, I muſt add, that though I am indeed Older, yet I am not ſo Old as to be debilitated by Age; and my Strength and Spirits, I thank God, are not diminished.

As I look upon my hitting on this Remedy to be the greateſt Bleſſing of my Life, — ſubject as I am to the Gout by the Neceſſary Condition of my Exiſtence— ſo that Others who are afflicted with the ſame dreadful Malady, may be as Happy in this reſpect, if they pleaſe, as I am, was the principal Motive that prevailed with me
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to publish this Account. From other Writers they might learn a Diet and Regimen that would do them no Injury; and therefore if those Writers were mistaken in their Theory, it was a matter of no great Consequence. But from Them they would also learn, (SYDENHAM, and QUINCY, our two best Writers upon it excepted) that Opiates, unless in the very last Necessity, are not to be meddled with in this Distemper: and from thence they might be led to sustain the same long Fits of racking Pains, and the same Injury to the Use of their Limbs as have been my Lot. The Pain itself in the GOUT is found grievous enough to endure; but the Consequences of it to a Man in Active Life are perhaps more intolerable. Who therefore in their Senses would be content to undergo many Sleepless Nights in Torture, to suffer their Constitution to be debilitated and subdued, their Limbs it may be distorted, or at best rendered almost Useless, and to be in a manner excluded from Business and the World, when they have it in their own Power, humanly speaking, to prevent this Misery, by lowering their Pain, and shortening its Duration? Of the Two Writers whom

whom I have excepted, as allowing Opiates in this Distemper, and whose Authority is more than equal, in my opinion, to that of those who have forbidden it, the Former scarcely mentions them but when the GOUT is become Internal,—in which case they are often ordered also by MUSGRAVE—and says little of them under the head which we are now upon. But if they are safe in That Circumstance, they must necessarily be safer still when the peccant Matter is formed upon the Extremities. The Latter informs us, that He hath experienced a great deal Himself of this Kind of Medicines, of which he gives some Forms; and only cautions against the use of them too early in the Fit, and repeating them too often. I apprehend however that these Books, (in which too this subject is very slightly handled) may not be in the Hands of All that either are, or that may be, troubled with the GOUT: and it was my original Design to collect every thing Material upon it in this ACCOUNT; that I might save the Reader the Trouble and Expence, unless he chose it, of having recourse to any other.

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As the Opinion concerning Opiates in this Disease is a matter of more Importance than any other part of my Work, I apprehend the Reader will excuse my discussing it very thorowly; by which Means I hope it will become as common, to abate the Pains, and to shorten the Fits of the Gout, by some such Anodyne as I have mentioned, as it is at present to be terrified at the Use of it. The several Objections that have been brought against Opium in this Distemper may All be fairly comprehended in what follows; “ that it palls the Appetite, and leaves a Nauseating and perhaps a Reaching on the Stomach; that it locks up the offending Matter; and that the Respite it procures is rather a Remission than a Diminution of the Pain, which after the Effect of such Medicines will return with redoubled Force. A very heavy Charge, it must be owned. But to deny All these Consequences upon my own repeated Experience may be full as good an Argument in its Favour as these are against it: and were I to rest it on that Issue, the Reader perhaps might be left in an Uncertainty on which side to fix. I will therefore do more than hath been done by the
Adver-

Adversaries of Opium in the GOUT; I will give the Reasons for my Opinion, in order to enable the Reader to form a Judgment, and not to rest it on Their Authority, or on Mine.

THAT Prejudices against Opium should have been taken up in an Age of Ignorance, when its Nature and Effects were not thorowly known, and so continue by being copied from one Writer by another, is no great Wonder. For as SIR W. TEMPLE observes in his Letter upon the GOUT, "Physicians generally apply themselves to Methods rather than Remedies; though the Knowledge of the last is what the World chiefly trusts to." But since our own Countryman DR. JONES hath so ably investigated all its Qualities, and distinguished the several different Effects which Opium administered every way will produce, the Wonder is to meet with any Opinions of it in this Country, which are owing to Ignorance or to Folly; as being contrary to Reason and Experience. Thus when CHEYNE says, "that it palls the Appetite, and leaves a Nauseating and perhaps a Reaching on the Stomach" [p.

28] it is most candid to suppose that he really did not know, that these are the Effects of Opium only (in Constitutions with which it doth not disagree) when it is not separated from its Rosin, in which all its Mischievous Qualities reside; or when its Resinous Particles are not subdued by something joined with it; or when it is taken in too great a Quantity, or in a long and lavish use of it. Either separate Opium from its Rosin, or soapify and subdue it, and no such Effects as CHEYNE mentions will follow from a proper Quantity, though all its good Effects remain. On the contrary, as JONES hath fully proved, and hath been confirmed by my own Experience, the constant Effect of a proper Dose, and prepared with Skill, “is a most agreeable pleasant and charming Sensation about the Region of the Stomach; not unlike the gentle sweet Deliquium that we find upon our Entrance into an agreeable Slumber, which upon yielding to it generally ends in Sleep.” But should it even be otherwise—which taken as it is here directed I dare say never will—the Stomach will soon give the Alarm, and every Mischief may be prevented by strong hot
Wine

Myster. of
Opium
revel. p.
20.

Wine in a copious Draught. Even CHEYNE himself allows "that Opiates may be so qualified, and their mischievous Effects so bridled, by joining Spicy, Nervous, and Stomach Medicines to them, that they may become an excellent Remedy; and not only procure Rest, and ease Pain, but answer all the other Intentions in the Course of a Fit of the GOUT." This hath fully answered his own Objection, had it been true.

THE next Objection that is made to the use of Opium in the GOUT, and too General an Opinion to be ascribed to One particular Person, is "that it locks up the offending Matter." I may be allowed I presume to take it for granted, because it is universally admitted even by those who make this Objection, that nothing can be done in this Distemper with so much Safety and Success, as by insensible Perspiration, and breathing Sweats on the Part affected. For supposing the Morbific Matter not to be too subtile to be carried off by Stool, as I believe it certainly is, or not to be gotten too far into the Habit to be within the Reach of a purgative Medicine,

cine, which in a Fit is DEMONSTRABLY CERTAIN, yet it cannot be removed so expeditiously by that Evacuation, nor by Urine, as by the Increase of Perspiration.

Aph. 59.
60. Sect. 1.

For it appears by the Statical Experiments of SANCTORIUS, that the Discharge by Perspiration is ten times greater in the same given Time than a Discharge by Stool, and two and a half greater than a Discharge by Urine. By the same Experiments it hath been demonstrated, “that

Aph. 2. 8.
95. Sect.
4.

the Body perspires twice as much in sleep as when awake; that whatsoever hinders Sleep, hinders also the Perspiration of that digested Matter which ought to exhale; the Solids being relaxed and the Cutaneous Pores being laid more open in Sleep, by which the Perspirable Matter hath more room to flie off; and that Sleep attenuates the Perspirable Matter, and dispenses it when so broken through all the Members.” Hence we learn that Sleepless Nights alone, if they were permitted, would prevent the Digestion of the Arthritic Matter; and that whatever causes Sleep will promote Perspiration, and forward the Matter, which is in the last Stage of Digestion, out of the Body. For the great

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Business of Secretion is carried on in Sleep; and therefore the peccant Matter will more readily separate, as well as the Patient be sustained and comforted by Sleep under his Torments, otherwise insupportable.

THE Benefit of Perspiration in this Distemper, and the Necessity of Sleep to promote this Perspiration being demonstrated, if it can be shewn that two of the constant Effects of Opium, thus prepared and dosed as it hath been directed, are its promoting Insensible Perspiration, and Sleep, then I flatter myself that the Objection to the Use of it in this Distemper, "by its locking up the offending Matter," will be absolutely set aside. It will be a mere Waste of Time to bring any formal Proof of its Effect in procuring Sleep: this is known to every Mortal that hath heard the Name of Opium. To those who desire to enter into the Mechanical Operation of this wonderful Medicine, in order to understand in what manner Opium creates an intense and permanent Pleasure in the several Membranes, how a general Relaxation of all the sensible parts of the Body is produced by this Pleasure, how such Relaxation occa-

sions Sleep, and how Sleep opens the Pores, I would recommend JONES's Book on Opium; where All the Properties of it are accounted for in an elaborate and masterly manner. That these are some of its genuine and constant Effects, when administered as it should be, he hath proved to the Confutation of all its Adversaries: Nor hath he made it less evident, that Insensible Perspiration is the natural and only infallible Effect of its laying open the Pores; as Sweat may be procured from other Causes of a dissimilar Nature. The Proof of this Effect however depends neither on His Authority nor on Mine: it appeals to our Senses for the Truth of it, not only by the violent Itchings which it causes on the Skin, but by the Smell which issues from it: And these Facts not only prove that it promotes Insensible Perspiration, but they also prove that it hath passed all the Digestions, even the last in the minutest Secretory Vessels; or it could not have made its way out by the Skin. The Objection that it may have marched out of the Body itself, and yet not have carried the Arthritic Matter with it—if any one should be ignorant enough to make such an Objection

—is easily answered by observing, that if it had not a peculiar penetrating Quality it could not have reached the Pores; and no one surely will require a Proof, that whatever penetrates, resolves. But however to put it beyond all manner of doubt, that it will digest the peccant Matter and cause it to transpire, I will add that it is demonstrable from its External Application—which appeals to our Senses also—that it is very strongly impregnated with Volatile Salts. To pin up all—says JONES [p. 179.] if you either chymically analyse it by Fire, or set it to cristalize, after it is evaporated to a due Condition so to do, it affords a great Quantity of Volatile Salts: and they are the only Substances known in Nature—as it hath been already mentioned—which afford a Menstruum capable of dissolving Earth. In short it is a Fact worthy of Notice, “that All Narcotic Plants, or such as procure Sleep, are the most eminent Resolvers of hard Tumors, and the more Narcotic they are, the more Resolving.” How can it be supposed then that Opium locks up the offending Matter? Nay is it not demonstrable from these Facts, that in its Passage it must have at-

tenuated the Gouty Matter, and digested it fine enough to be carried along with it through the Pores; opened as they are by the Sleep which it procures, and still more by the adventitious Warmth from the Wool or Flannel on the Part affected? But on the Supposition that it locks up the offending Matter, we may be allowed I hope to ask, What then becomes of it? If no Change is made in it, if it is not subtilized and transpired, why doth it not still torment us as it did at first, and till this Medicine by several Repetitions hath broken and digested it? The Answer to this, it will be said perhaps, may be found in the next Objection.

IT remains therefore for us to consider what MONSIEUR LIGER hath advanced against the use of Opium in the GOUT; [p. 243.] that the Respite it procures is rather a Remission than a Diminution of the Pains, which after the Effect of such a Medicine will return with redoubled Force. Now with humble Submission, the Absurdity of this Objection stares us full in the Face at the first View. Can a Medicine which hath the Quality of subduing Pain
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arising from Acrimony—for I leave all the other Effects of it above demonstrated out of the Question—at the same time add to this very Acrimony, and make the Pain which it occasions twice as great as it was before? Strange Imagination! I have already proved, what Physical Authors for the most Part deny, that All the Arthritic Matter is not quite exhausted even in a long and severe Fit; and that after being recovered from it, by taking Cold, or by Purging Medicines, or other Means above-mentioned, Another Fit hath succeeded, and sometimes a Third. This is a Fact which hath not been accounted for by any Writer; and it will not therefore be expected at my hands. I am not unwilling however to let go a Conjecture, that All the Arthritic Matter residing in the Habit, which hath been collecting in small Quantities by degrees, hath not acquired an equal Acrimony; and is not therefore equally ready for a Protrusion on the Extremities in order for its Expulsion: And when the Pain returns in the same Parts that were before affected, it may be supposed, I think, that the Portion of the Arthritic Matter which occasioned the first

Fit, as having gotten furthest into the Secretory Vessels and stagnated there the longest, being now evacuated, Room is thereby made for other Matter, not so early collected, to fill up the Vessels out of which the other had been expelled. The Evacuation of the Aliment which we took in to-day, not taking place at the common Outlet till that which we took in two days before hath made way for it, will explain what I mean. The Fact however is, as I have said, whether it is properly thus accounted for or not, when no such Medicine hath been admitted. It is therefore not a Respite, but a real Diminution of the Pain, when Opiates are administered in a Fit of the Gout, though another should soon succede it: because the Opiate hath attenuated and digested all the Matter that was then ready, or gotten far enough into the Secretory Vessels for a Discharge by Perspiration; and so when another Attack is made, the same Remedy for it is to be repeated, till the fresh Matter is in the same manner digested and carried out. But still let it be Remembered, that the Anodyne is always to be delayed, till the Fit is fairly formed; that it may not evacuate

cuate the Matter too precipitately, and beyond that degree of Concoction, which it hath Spontaneously acquired. Neither let it be administered when the peccant Matter tends towards the Bowels and sollicitis an Ejectment by Stool without gripings or Colic Pains; which towards the latter end of a Fit it sometimes does with great Benefit to the Patient. But this is a Circumstance so rare, that it never happened to me but once, and that at the End of a very flight Fit.

Quincy,
p. 410.

I hope the Miserable Arthritick will be no longer terrified with the Prejudices and Whimfies that have been entertained about an Opiate; nor any more deterred from easing his Pain and shortning its Duration, by this most excellent Medicine which Providence hath in Mercy furnished us with as an Antidote against Pain. The Reader however will be pleased to remember, that I protest against any other way of using it than such a way as is above prescribed. Crude Opium alone hath all its Resinous Particles sticking about it; and the Laudanum of the Shops, being an Extract from it with Spirit of Wine, hath

retained and aggravated all the Mischief of the Rosin. The Castile Soap is therefore added in this Direction, not only to soften and subdue the Rosin, which it is known to do, but to cleanse and scour the Vessels when relaxed and widened by the Opium. The Soap of Tartar is likewise ordered, not only as a Corrector of the Rosin, but as it is found experimentally to attenuate and incide the tenacious Concretions that obstruct the Vessels, and at the same time to stimulate the Vessels themselves, and thus promote the Secretions of Perspiration and Urine. The Camphire is entirely owing to the Recommendation which QUINCY gives it in the GOUT; as a Distemper lying out of the reach of any but such Subtile Medicines. "It seems he says, (pa. 440.) to be the only oily Substance that can inclose the minute Asperities of the Gouty Matter, and destroy their Pungency on the Fibres: and whosoever tries this Remedy, will find a much greater degree of Ease and Composure procured than by Opiates without it."

THE Reader hath now had a full Information of the Medicine and its Preparation,

ration, by which for some Years I have lessened the Pain and shortened the Duration of Fits of the GOUT. How far this Information, and the Facts and Reasoning added to it, may prevail on others to make Trial of it, in opposition to the Prejudices which Ignorance hath raised against it, must be left to their own Determination. It is not for want of trying many other Experiments, that I recommend an Opiate only, and thus prepared; but because I have found it to be both safest and best. For notwithstanding all that was entertained in the wild Imagination of DR. THOMPSON, about treating the GOUT like any other Inflammation; and notwithstanding all that hath been said by Him and others in favour of Purgatives in the GOUT, I still adhere, after long Consideration to SYDENHAM'S Opinion in this Particular; and the rather because I have formerly tried them, very often without Success, and as frequently to my Prejudice. It is impossible that a Purging Medicine should reach the Minute Vessels in the last Scene of Digestion, where the Arthritic Matter in a Fit is demonstrably then lodged; Nature is too much disturbed in her Operations, and the Spirits are too much flurried

ried and weakened by it at that time, especially if the Purge should be rough and violent, not to create an Injury to the Patient.

Essay,
p. 36.

EVEN Cheyne, the great Advocate of Purges at the End of the Fits and in the Intervals, hath owned He is of Opinion, “ that the most dangerous and active Part of the Gouty Humour in a Fit (though an Humor it certainly must be) is a great deal too Subtile to be carried off by any gross Evacuations whatsoever : and many fatal Experiences have confirmed the Danger of Tampering after such a manner, whatever authorities it may have to recommend, or Specious Reasons to enforce it, to suffer any cautious Person to venture upon it.”

As to Topical, or External Applications to the Part affected, besides Wool or Flannell, and gently rubbing the Part when it can be borne, I have never admitted any in my own Practise; except some of the Anodyne Elixir applied warm with a Feather, or a little very fine Oil when it begins to swell, in order to enable the Skin more easily to give way: these will

will do no harm ; but I will not be positive that they do any good : Nor among the numberless other Forms that I have seen of such Applications, do I judge it so prudent to make use of Any, as to reject them All.

THOUGH SYDENHAM had tried abundance of them in Himself and others, yet finding that they sometimes did Mischief and could never do Service, he laid aside the use of them : And HOFFMAN says it appears from several Observations, “ that Fatal Disorders have succeeded such Applications ; among which it suffices to name an Apoplexy, a Palsy of one Side, a loss of Memory, a convulsive Asthma and Colick, and an Inflammation of the Stomach and Bowels.” In short I am much of SYDENHAM’S Opinion, who “ scrupled not to affirm from long Experience, that most of those who are supposed to perish by the GOUT, are rather destroyed by wrong Management, than the Disease itself.”

WE are now to suppose that by observing the Directions above given, the Fit is safely arrived at its Declension ; when the
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offending Matter that was ready for Expulsion, is by the Power of Art and Nature so far evacuated, as to create no more Pain in that Decumbiture. The Diet however before directed must by no means be altered as to Quality, tho' the Patient may safely enough increase its Quantity a little: such Abstinence being necessary to recover the Digestive Powers, much weakened by the Severity and Continuance of the late Pain. But this Method alone will take up too much Time, especially if the Fit should have been long, without some other Aid. This Aid however, as much as warm, spicy, Stomach Purges are recommended in this Stage of the Gout, is not in my Opinion to be derived from any such Medicines: "and the Patient being deceived by fruitless Hopes, brings those Evils on himself, which he had escaped if the Humors had not been exasperated afresh. This Inconvenience, the Author adds, He himself had often experienced, after having had recourse to Medicine to expell what he esteemed the Remains of the Distemper." To this Inconvenience I can bear Witness also from my own Experience: having frequently brought on
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another Fit by such Management ; and the Matter being precipitated before the Time that nature herself would have expelled it, a worse Fit, and more dangerous. To those however who will pay no Regard to Reason, to SYDENHAM's Experience, nor to mine, but will persist in the Use of Purges at the End of a Fit, I will charitably recommend a good Dose of the Laudanum, or the Anodyne Elixir, in the Evening.

BUT I must beg leave to ask, What are these Purges to do ? Why some say, " to renew Muscular Strength and Agility, and to introduce a vigorous Chearfulness for the common Offices of Life : " And others say, " to carry out of the Habit the more gross and unspirable Remains of the Gouty Humour, especially after long and severe Fits which have impaired the Strength and wasted the Muscular Flesh." These are very good and deserving Ends, it must be owned : and this is a plausible way of Talking. But where is the Truth which is to support it ? We must not look for it in Facts and in Experience ; for they deny it : And in Answer to such a Conjectural

Cheshire's
Gouty
Man's
Compani
P. 45.

Cheyne,
P. 29.

Syden.
P. 476.

tural way of Reasoning, I will ask again, How a Medicine which is calculated to scour and cleanse the first Passages, is to renew Muscular Strength, and add to the Spirits? The Operations of a Purge, we all know, rather weaken the Concoction, and injure Nature afresh: "the Spirits weak and languid already, instead of being made vigorous by such Medicines, are greatly hurried and disturbed, and the Tone of the Parts destroyed by them." Moreover, How is it possible to conceive, that Medicines which operate in the great Passages only, should carry out the Remains of the Gouty Humour, that hath affected no other Part than the Extremities? We shall presently see the good Effect of such Medicines, when the Peccant Matter is fallen into the Stomach, or Bowels: but when it is gotten into the Secretory Vessels, how is a purging Medicine to reach, and to carry it out? A little Attention to the Theory of Animal Secretion, given in the former part of this ACCOUNT, will shew the Inutility of such Purges, either in, or after the Fit: And as no good can be done by them in such cases, and a great deal of Mischief may ensue from the
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use of them, who that valued their Health would run the Risk of them?

It is not to be denied, however, that sometimes Impurities may have been collected in the larger Vessels during a long Fit of the Gout; though if the Regimen above directed hath been duly observed, I apprehend extraordinary Impurities, unless owing to the Costiveness natural in this Disease, will seldom happen. In such a Case, but not under the Notion of carrying off the Remains of the Gouty Humour, the following Purge may be taken, and repeated once or twice, with a day or two between, without any Injury; religiously observing to take Twenty Drops of the Laudanum, or a Dose of the Anodyne Elixir, the Evening after it hath done working.

TAKE of the Caryocostinum Electuary, three or four Drams, so as to procure four or five Motions; either as a Bolus, or dissolved in four Spoonfuls of warm Wine: observing the usual Regimen.

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THERE is no doubt but that some Aid is to be given by Medicines of another kind at the Declination of the Fit: when many people suffer grievously by the dreadful Lowness of Spirits on the going off of the Pain. But whether the Patient is attended with this Complaint or not, he should take twice a day at the Medical Hours, about Eleven and Six, of the following Tincture:

TAKE two Ounces of Bark finely powdered, an Ounce and half of dried Orange Peel, an Ounce of Acorns finely powdered, three Drams of Snakeroot, and Cinnamon and Saffron of each a Dram and a half. Put these Ingredients into a Quart Bottle with a Pint and Half of French Brandy: let them stand four days in a warm place, shaking the Bottle twice a day: then strain off the Liquor and filter it through Paper. Take three Tea spoonfuls in a Wine Glass of Water.

THIS is a Medicine which will restore the Instruments of Digestion, depraved
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and weakened by the Fit, to their usual Strength; much better than Purges, or than any other Medicine in which the Bark is not the principal Ingredient. When this is finished, Four Ounces of MYNSICHT'S Elixir of Vitriol—to be had genuine I suppose at Apothecary's Hall—twenty five Drops of it to be taken twice a day in a large Glass of Water, will perfect the Cure; especially if the Water be Pyrmont, Selter, or any of the Spaw kind. But neither will these Medicines, nor the Regimen with regard to Diet, restore the Patient again to his Health and Spirits in Half the time as they will do when joined with constant Exercise (on Horseback if it can be) once or twice every day; as soon as ever he is able, though it should be attended with great Difficulty, to be thus moved. Beside this, the Parts affected, being first rubbed with a soft Ball of Welch Flannell, which hath received the Smoke of Mastick, as much as they will bear twice a day till the Skin is red, after the Second time on going to bed, should be bathed in Sea Water where it can be had, or other Water made very Salt, tolerably warm, in which they should continue for

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a quarter of an Hour: After four or five Nights the Water may be used quite Cold for a few Minutes, and in that manner repeated every Morning till the Strength returns. This Method is sufficient to restore the Elasticity of the Solids in the Parts affected, and to cool and moisten the Fibres in short fits of the Gout, as I formerly experienced in myself and others. The Wool or Flannell, which were of so much Use in the Fit, as soon as the Pain is entirely gone, and nothing but Swelling and Lameness remain, should be discarded; that is, at the time when the Cold Water begins to be made use of. Should any one want to know why I direct the Water to be made pretty warm the first four or five Nights, the Reason is, that in case any of the Morbific Matter ready for expulsion should not have been able to make its Way through the Pores during the Fit, such an easy Relaxation may not only give it more Room to flie off, but also—what could not have been done by the Help of Wool or Flannell—that the Water, which we know by numerous Experiments insinuates itself into the Parts that are bathed in it, may help to dissolve and break the remaining

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Matter fine enough for Transpiration: and so when the Cold Water is used, there may be none left in the Capillary Vessels to be obstructed. But more effectually perhaps to prevent the succeeding Lameness in GOUTS more inveterate, I will insert here two other Remedies; the One from Dr. JAMES, Med. Dict. Artic. Arthrit. who says that it was communicated to him by a Gentleman of Fortune and Veracity upon his own Experience, and that of many others to whom he had given it.

TAKE an earthen Pot that will hold four or five Gallons: fill it with Elder Flowers full ripe and clean pickt, which as they putrify will sink down, and continue filling it as long as any Flowers remain on the Trees: then put in three Pints of common Vinegar, and half a pound of Bay Salt: then stop it quite close, let it stand in the Sun two Months, stirring it with a Stick every day: then stop it up, and set it in a Cellar. If it breeds Worms, stir it with a little Salt and mix it together. Apply it every twelve Hours cold, just when the Violence of the Fit is over, half an inch thick;

and if it is too dry put some Vinegar to it.—This will make the Part perspire excessively, and will remove all that Pain and Lameness which otherwise remain Weeks and Months.

THE other Remedy was communicated to me by a Merchant in the City for the same Intention: but notwithstanding the high Character that he had with it from a Friend, as I know that he used it afterwards himself without any Effect, I never made any Trial of it. The Receipt however was this:

TAKE a Quart of Rye Meal, four Ounces of Yeast, and two Ounces of common Salt. Make a Poultice with hot Water, spread it on Flannel and apply it as hot as it can be borne to the Feet. At twelve Hours End renew the Poultice, and so on for six dressings, lying in bed for three days.

I wish that either of these may prove successful with those that shall make trial of them: but though Dr. JAMES hath
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taken some Pains to account philosophically for the good Effect of the former, yet to speak my Opinion freely, I think it a little Unsafe; and the other doth not seem calculated to answer the End that is intended. But if they are confirmed by Facts that are well attested, it is to no purpose to reason upon them. The Method STROTHER recommends when the Pain is entirely gone, of burying the Part affected in hot Sand [covered first, no doubt, with Flannell] two or three times a day, and keeping it in for a quarter of an Hour each time, appears safer than the former, and is a great deal less Troublesome than either. By the same sort of Remedy somewhat differently applied—sweating it in Turf—I recovered the perfect Use of a Lady's Hand, contracted and shut so hard by a Fit of the GOUT, as to be deemed, in a Consultation of some of the best Surgeons in LONDON, impossible to be opened without breaking all her Fingers to pieces.

HAVING now laid before the Reader the entire Management of a Patient, as to every Circumstance, from the Beginning of a

Regular Fit to the End of it, I shall next give some Directions in all the Cases of an **IRREGULAR GOUT**, or a **GOUT Misplaced**: And as these were so accurately distinguished and described by **MUSGRAVE**, from whom they were recited, so the Remedies, except in one or two instances, shall be extracted entirely from him.

THE first Case described was that of an **INTERNAL GOUT**; or the **GOUT** diffused over the Habit, without affecting any particular Part; inserted at pa. 81. The Medicines which expell the Gouty Matter to the Extremities, which is the only Method by which the Cure can be compleated, are taken from the Classes of Cordials and Diaphoreticks, or such as promote a breathing Sweat. French Wines, and rough Cyder, may be drank in this Case very properly. But of all Remedies the Steel Powders are the most powerful: and as this is a Medicine very often mentioned under many of the following Cases as well as this, I will give the Reader the Method in which the Author hath ordered it to be prepared.

TAKE

TAKE Five Pounds of the Filings of Iron and put into a Glazed Earthen Vessel. Moisten them with Urine, and then dry them in the Sun or before a Fire: then moisten them again, stirring them twice a day with a Knife to prevent their adhering together. Continue this Process till the whole Mass is reduced to Rust, and then pound it in an Iron mortar. Then throw it into a Vessel with about six Quarts or two Gallons of Spring Water and mix it well together. About a quarter of an Hour after, draw off gently the uppermost Part of the Water and evaporate it till the Powder swimming in it is left dry. Let the remaining Liquor also be evaporated in like manner; and let the grosser Powder in the bottom be moistened again with Urine and managed as before. Continue this Process till the Whole Quantity is reduced to a very fine Powder. Put it when dry into a piece of coarse Paper wrapt up in the form of a Sugar Loaf: pour upon it, by little and little and at different times, warm Spring Water,

till the Urinous Salts being washed quite away, an insipid Water drops through the Paper: then dry it again and keep for Use.

THIS being a very tedious and troublesome Operation, I will subjoin my own Method of preparing this Medicine which I have followed for a great Number of Years, and believe to be full as effectual as the preceding.

TAKE any Quantity of the Filings of Iron and steep them in Urine till they are very Rusty; then pound them in a Mortar, and sprinkle the Dust on Water. That which will swim on the Water, take off, as sufficiently fine to pass the Lacteal Vessels. Wrap the Powder thus prepared in brown Paper made up in the form above-mentioned, with the small End downward: sprinkle it thus with clean Water which will filter and drain the Salts away: and when the drops fall clear and have lost the Urinous Taste, the Powder is fit for use.

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EQUAL Quantities of this Powder and the whitest Crude Tartar mixed into a Mass in a Mortar with Camomile Tea, and standing covered by the Fire for a day or two, will acquire a Consistence to be made into Pills; of which from Ten to Thirty Grains may be taken in a Dose.

IF after the use of Medicines for four or five days, no GOUT appears in the Extremities, External Applications must then be tried; such as the Cephalic Plaister with a little Burgundy Pitch: and in cases of extreme Danger, a Cataplasim, and a Blistering Plaister afterwards on the place, to let out the contained matter. But when there is no Necessity for immediate Help, a common Blistering Plaister applied to the Legs may suffice; and in eighteen Hours after, a Mellilot Plaister with Cantharides to continue the Running for eight or ten days, will relieve the Complaint, or bring on the GOUT; the other Remedies being continued.

THE next Case is the GOUT IN THE STOMACH, inserted at Pa. 82. The Cure
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of this is to be attempted by first removing all Impurities from the Stomach, which attract or detain the Arthritic Matter in its Coats, by proper Vomits and Purges, and then to drive it into the Extremities. If a Shortness or Difficulty of breathing, an Heaviness or Inflation of the Stomach particularly, Eructations, Nausea, or Vomiting are troublesome, a gentle but effectual Vomit will be necessary; if the Patient hath Strength and nothing contra-indicates. But those who cannot, or who will not drink enough to work it, should never take any Shop Emeticks. Hard Drinkers, to whom Infusions of Carduus or Camomile Flowers might be too cold, and occasion Gripes and Spasms, should be vomited with Wine. The very Efforts of Vomiting, and the Agitation of the Blood caused by it, will sometimes drive the Gout into the Extremities without any other Aid. An Hour after the Vomit, if it hath been one from the Shops, a Clyster should be administered to carry the Remains out of the Intestines, and at night Venice Treacle or some such thing. After this give the Patient three or four times a day, a draught of bitter Wine, and the next day but one,

if

if he is strong enough, let him be purged; if not, let it be delayed a day or two, and a composing draught given at night. Sometimes after all this, a Nauseousness and Vomiting still remain; in which case take ten drops of Laudanum [prepared as before directed, pa. 166.] in two drams of strong Cinnamon or Mint Water, every four or five Hours: and in the interspaces take the Medicines to drive out the Gout; and when they will stay on the Stomach, take no more Laudanum. When there is no occasion for this Vomiting and Purging, begin with the Medicines which drive the Gout into the Extremities. The Steel Powders are excellent for this purpose.

TAKE of the Steel Powder five Grains. Powder of Snakeroot a scruple, and make into Pills with Syrup of Oranges.

If after persisting in the use of these Remedies for two days, no Pains nor Tumor appear, apply the Cephalic Plaister with equal parts of Burgundy Pitch, or a Blister to each Leg to invite the Humor downwards. If these are not sufficient
with

with united forces, the Strength of one or both must be increased, and between the Doses of Medicines strong Wine should be drunk freely; and the Patient may eat Jelly, or Chicken Broth. If the Fever thus raised should run too high, the Cordials should be lessened, and the Patient may drink freely of the White Decoction, made as follows:

TAKE Powder of burnt Hartshorn two Ounces, and Spring Water three Pints: boil to the consumption of half with a Crust of Bread in it, and a piece of Cinnamon: then strain and sweeten it with fine Loaf Sugar.

WHEN the Arthritic Matter is fixed, the Medicines should be dropped: And if a Cataplasm was used, the Humor should be evacuated by a Blistering Plaister as directed in the former case. If the Pain after all should return again by fresh Crudities collected in the Stomach, evacuate them by a gentle Purge: and if this cannot be effected, give the Steel Powder with Ginger, and Pepper, and Volatile Salts in great abundance.

To

To these Instructions from MUSGRAVE, I shall give the Reader a Prescription for a Medicine, when the GOUT is in the HEAD, or STOMACH, or BOWELS, which I have taken myself and administred to many of my Friends in those Cases for several Years past; and which from the constant Success that hath attended it, I believe is not to be excelled by any Medicine for that purpose in the World.

TAKE Raisins, sliced and stoned, half a pound. Senna two Drams. Coriander, and Fennell Seed, of each a Dram. Cochineal, Saffron, and Liquorice, of each half a Dram. Rhubarb sliced thin an Ounce. Infuse these in a Quart of French Brandy for ten days, then strain it off, and add a Pint more to the same Ingredients. Let it stand till the Virtue is quite extracted, and then strain it off, and mix the first and last together. Take four or five Spoonfuls of this Cordial, in as many of boiling Water as will make it as hot as it can be drank: and if the Pain is not removed in half an Hour, repeat it; and so continue repeating
it

it till it is. If the Stomach will not retain it, take the ten drops of Laudanum as above directed by MUSGRAVE, and this in the Interspaces.

AFTER twenty Years Experience of this Medicine in myself and others, it is impossible for me to speak of it in Terms higher than it deserves: and if there was no other Knowledge communicated in this ACCOUNT to a Gouty Man, than the Knowledge of this Medicine, I flatter myself it is worth more than twenty times the Money which the Book will cost him. Considering the many Incidents to which we are constantly liable in this Distemper, and the Relief which may be depended upon from this Medicine when the Vital Parts are affected, a Man of much GOUT should never sleep at Home or Abroad without it in his Chamber.

THE next Case of an Irregular GOUT described at page 85 is the ARTHRITICK COLICK. As a bilious Fever sometimes accompanies this Disorder, a regard must be had to That, and its Symptoms, such as Thirst, Heat, Velocity of the Pulse, &c.

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Therefore if Occasion requires, the first step is to bleed, just enough to prevent the Inflammation, and not to hinder expelling the Gout. In case the Patient is loaded with Crudities he should vomit, and the next day if his Strength permits be purged, else stay two days between; but unless it hath operated too violently to take no Opiate after it, lest the Gout should be prevented on the Extremities. But without purging Sufficiently the Cure will be perplexed. In the Intermediate days of Purging the Testaceous Powders may be given, if the Intestines abound with acid; but if with Bile, a bitter alterative Infusion. This work being finished, then, and not before, we must endeavour to expell the Gout. Besides the Remedies mentioned in the former Case, there are some esteemed good for the Colick, which may properly be joined to them: and the strong Spanish and Portugal Wines may be used with advantage, in a Quantity sufficient to remove the Gout into the Extremities, but not to raise more Fever than is necessary to that purpose. If the Intestines are so contracted with Spasms that the Purging Medicines will have no

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Effect,

Effect, a Fomentation and Liniment should be applied to the Belly: And if they are so weak that the Medicines run off by Stool, the Flux must be stopped. But when a Medicine is found which agrees with the Patient's Stomach, he must continue it for two or three days: and if the Gout don't appear in that Time in the Extremities, the Internal Medicines must be continued till it is entirely fixed there and hath quite left the Intestines. When this point is gained, the Medicines should still be continued either in half the former Dose, or else repeated half as often, till there is reason to believe the Intestines are out of danger of any revisit from the Gout. During this whole course, a most exact Diet should be observed. Panada, Hartshorn Jelly, or Calve's-foot, Biscuit, and Chicken Broth are proper. But Wine is particularly useful, either by itself, or mixed with the White decoction. Great things may be expected from the plentiful Use of Wine in such as have not been used to it; and the best sort in this Case is red Port, half a Pint to a Quart in four and twenty Hours, as Occasion may require. But tho' the Intestines are entirely

tirely delivered from the GOUT and it is driven into the Extremities, yet sometimes the Belly is inflated with Wind and full of Pain, so as to make him almost out of hopes of Recovery. But a lubricating Clyster every day, or every other day, will generally cure this Complaint. The Mineral Waters, both purging and diuretick, have been of signal service to many in preventing a Return; and the Bath Waters are particularly useful in this Case. But forasmuch as this Colick is frequently owing to extreme Cold, it must be guarded against by warm Cloathing, and avoiding the Inclemencies of the Air.

The next Case of an Irregular Gout, and which the Reader will find described at pa. 90. is a GOUTY DIARRHOEA, or Flux. Whether this stops of its own Accord, or by Medicines, the Relicks after some time are to be purged off: but if it is occasioned by taking a Purge, it is unnecessary. If it arises from Crudities, which is of all the most dangerous case, it must be treated in a different manner. The Stomach being loaded, a Vomit should be administered; after which, or without

one, a Purge; and then Reſtringents, and ſuch other Medicines as will moderate the Diarrhœa, every fourth or fifth Hour ſhould be given. The Drink ſhould be White Decoction, and ſometimes red Wine burnt. If the Pulſe permits, Opiates are of excellent uſe. When the Patient is much reduced by the Diarrhœa, Vomiting and Purging muſt be omitted, and Cordials and Aſtringents only uſed. But to whatever Cauſe it owes its Origine, the beſt and moſt pleaſant Means of preventing its Return, is by the Steel Waters, to which the Steel Powders, or Pills, may be added; being the beſt Preparation of that Medicine.—To theſe Directions from MUSGRAVE, I ſhall take leave to add, that a Gentleman in the Country having been long afflicted with this Diſorder without getting any Relief, came up to Town on purpoſe to procure better Advice. This was likewiſe tried without Effect; and deſpairing of any Cure, a Friend of His and Mine brought him to me: and by the time that he had taken the Anodyne Elixir about a Week, without any thing elſe but a proper Diet, he returned home entirely free from his Complaint. I men-

tion this to shew the Reader, that this Elixir is an excellent Medicine in more cafes of the GOUT than One.

THE Reader shall see now what SYDEN-
HAM says upon this Cafe. “ If the Gouty
Matter occasions a Looseness for want of
being translated to the Limbs, provided it
is not the Crisis of a particular Fit, and
yields not to Laudanum and Exercise of all
kinds, (for this is first to be tried) but con-
tinues attended with Sickness, gripings,
and the like Symptoms, the only Remedy
I know in this case is to raise a Sweat by a
suitable Method and Medicines: and if
this be done every morning and night for
two or three days running, keeping it
up two or three hours at a Time, it ge-
nerally checks the Looseness and forces the
Morbific Matter upon the Limbs.”

Syd.
works
p. 504

WE come next to the Cure of an
ARTHRITIC DYSENTERY, or Flux at-
tended with Blood, described at pa. 91.
The Patient must rest either in Bed or in
a Chair whilst the Paroxysm lasts, lest Mo-
tion should agitate the Blood and increase
the Flux. It may be of great Prejudice to

give Cordials in Quantities large enough to inflame the Blood and by that means aggravate the Disorder. They must therefore be carefully given, and only in such Proportions as are sufficient to support the Spirits, and to keep off a Swooning. If the Discharge is too considerable to be well supported, it should be stopped by Laudanum held in the Mouth and on the Tongue, and continued in this manner till the Flux ceases: It is better to give five or six drops at a time in a Spoonful of strong Cinnamon Water, for if it goes at once into the Stomach it will be returned with Vomit. The White Decoction taken often and in small Quantities is of service; abstaining from all other Food or Medicine for some time. As Care must be had on one hand that the Intestines are not too much open, so on the other they must not be contracted; and if they are they must be gently relaxed. This Dysentery, it must be observed, is Critical; and therefore, an Error on either Side is attended with Inconveniences: so that a Medium is best; which may be discovered and obtained by a proper regard to the Patient's Strength. It often happens that after the GOUT is expelled by these Bloody Stools,
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all is quiet and easy : but if it is otherwise and the Dysentery continues, it is proper to give such Remedies as will stop it, and contract the Wound of the Intestines. The Belly must be fomented with an astringent Decoction mixed with red Wine. The Diet should be Jelly of Hartshorn, or Ivory, or Calves-feet, poached Eggs, Rice Milk, or Cream of Ice, and every thing which nourishes, incrassates, or agglutinates Wounds. All Acids must be avoided. The Cure of this is very different from a common Dysentery : the latter requiring frequent Purgings ; and the former seldom admitting any. Chalybeate Waters, and the Steel Powders, the best Preventive Cure.

THE Cure of a GOUTY MELANCHOLY described at pa. 92. must begin with unloading the Stomach and Intestines of the Mass of indigested Humours by a Vomit, if necessary, and Purges of the milder Sort. The Evening after the Purge, a Cordial should be given instead of an Opiate ; and afterwards Alteratives must be taken in sufficient Quantities to expell the GOUT into the Extremities. [Tinctura Sacra I esteem the best of any.] To pre-

vent a Relapse, the Diuretic or Bristol Waters must be drank for some time: And if a Regular Gout doth not return at Spring or Autumn, or both, Spontaneously, it must be procured by proper Medicines. In the mean time the Diet must be very regular; and a gentle Purge must also frequently be given, in order to carry off any of the indigested Remains of the Aliment. An Opiate should be taken after each Purge that is thus given by way of Prevention. But nothing is more serviceable in this case than Exercise, particularly on Horse-back.

THE Medicines for ARTHRITIC SWOONING described at pa. 94. must be Cordials in large Doses, and a liquid Form, and often repeated. Burnt Brandy may answer the End. In the mean time Frictions may be used, and Stuphs in Wine or Brandy applied all over the Belly, and the Region of the Heart. This Method to be continued till the Patient comes to himself, and recovers. If he hath eaten any thing hard to digest and is inclined to vomit, as soon as he comes a little to himself, it should be brought off his Stomach by an Infusion of Tea, or Carduus. But if
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he is so ill as that there is no time to lose, he must drink a large Quantity of Wine in a little Time, that it may answer the End of a Cordial and a Vomit both. If they frequently return he must have a Cordial always by him, to take as soon as he finds himself disordered.—The most effectual Remedy that I have ever found in this Case, is genuine Irish Usquebaugh in a large Quantity, poured down the Throat by forcing the Mouth open with a Spoon: and when there is time for it, to put as much boiling Water to it as will make it as hot as it can be drank. I have always found that a Medicine operates much sooner taken hot in this way than in any other.

A GOUTY ASTHMA described at pa. 94. is to be cured by evacuations, or by forcing the Arthritic Matter upon the Extremities. Bleeding is the most proper for Plethoric People, and Purging for such as have indulged themselves in Eating. The Cough may be relieved sometimes by the common Medicines. As a preservative from a moist Asthma, Diureticks after previous Purges, and Issues and perpetual

Blisters between the Shoulders are useful. In the dry Asthma, the Steel Powders joined with Gum Ammon. will prevent a return. In both, Fresh Air is of great Service, and an exact Regimen of Simple Aliment without Suppers.

IN the GOUTY DEFLUXIONS, COUGHS, AND PERIPNEUMONIES described at pa. 96. Bleeding is very proper when nothing contraindicates: but in tender weak Constitutions it is very seldom proper; in those worn out with Age and Diseases never. However in case of a Peripneumony Patients seldom recover when that is omitted: but then bleeding must be with Caution, for fear of weakening the Constitution too much to expel the GOUT upon the Extremities. The next thing to be done is to purge, which is serviceable in all these Disorders, but more particularly in a gross Constitution, or where the Intestines are loaded, or the Patient hath lost no Blood. After these Evacuations, we must proceed to such Medicines as help to remove the GOUT from the Lungs to the Extremities, with which Pectorals must be joined. When the Disorder is inveterate, the Bark
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may be given with great Success, to prevent too great a weakening of the Blood. If after the use of these Medicines no signs of the GOUT appear in the Joints, External Applications must be added, and the weakest be tried first by way of Preservative: Issues on the Back, and a dry Air agitated by Winds, and all Endeavours to procure a Regular GOUT, should be used. If this Method is omitted or negligently pursued, the Cough grows worse; the Matter discharged by the Lungs grows thick and difficult to bring up, and sometimes bloody, which ulcerates the Lungs, and the Patient dies of a Consumption. In a Gouty Peripneumony there is much more Danger; and Care must be taken in the Beginning, or else it will be in vain. Immediately take away Blood, a few Hours after give a Clyster, and the next day a Purge; and every Hour give Oil of sweet Almonds, or Linseed Oil in form of a Linctus. Cold Emulsions or Decoctions must be avoided; and if there is any Appearance of the GOUT in the Joints, or any hope of bringing it, the Medicines that promote it should be given. Diaphoreticks, and External Applications to bring the

GOUT

GOUT into the Extremities should be made use of. Though MUSGRAVE recommends this method from repeated Experience; yet it is contrary to the Directions which SYDENHAM gives in this case; who says that the Curative Indications should not be levelled at the GOUT, but it should be treated like a true Peripneumony; and that Sweating, how effectual soever it may be in forcing the Morbific Matter upon the Limbs, proves detrimental in this case, by hardening the Matter that is driven upon the Lungs, and is sometimes fatal. To reconcile this seeming Contradiction, nothing more I believe is necessary, than to suppose that SYDENHAM means when the Peripneumony is not taken in the Beginning; but hath been permitted to continue for some time before a Cure hath been attempted.

THE next Case that we meet with is that of a GOUTY CONSUMPTION described at pa. 99. In the Beginning of the Distemper, when the Cough is troublesome and a Phthysis is coming on, very good Effects are produced by Bleeding and Purging if properly administered. But these must be
used

used with Caution and confined to proper Limits, lest the Constitution should be weakened too much to expell the Gout. When any Gouty Matter is perceived in the Extremities, stimulating Topicks must be applied to the Part usually affected. A Linctus must be used all through, and may be joined with the Medicines intended to produce the Gout on the Extremities. But Opiates, and such Medicines as render the Discharge from the Lungs thick, must be used with great Caution, and in very small quantities. The Medicines and Topicks must be continued, though the good Effects begin to appear, till the Lungs are entirely free: And as they are generally left weak, so to prevent a Relapse, a Course of Steel Waters should be drank for a Month in a good Air. Riding, Frictions, Issues on the Back, and Chocolate for Food, are very proper; and during the Winter half year, a Tea of Sassafras Wood, and the Roots of China and Sarsaparilla will be of use.—But the Virtue of this Drug, CHEYNE says, lies in the Bark of the Root.

THE Cure of an ARTHRITIC QUINSY, described at pa. 100, must begin by taking away a considerable Quantity of Blood. Presently after give a Clyster, the next day a Purge of the mild kind, because of the Fever which would be increased by any other. After the operation of the Purge, apply a large Blister to the Neck, and twenty four Hours after, a Mellilot Plaister mixed with powdered Cantharides to continue the Discharge. Sharp and opening Gargarisms are of constant use from the Beginning. The next day but one, or sooner if the Symptoms run high, as Difficulty of breathing or swallowing, Bleeding must be repeated in the Jugular Vein, which is sometimes necessary more than once. If the Throat is in great Pain a lubricating Poultice should be applied of Marshmallow Roots, Mallow leaves, and bruised Figs boiled in Barley Water, to which may be added boiled Onions, Linseed, Crums of Bread and Oil of White Lillies. The Mouth should be frequently gargled with equal Quantities of Milk and Water. But if the Case grows so desperate as that the Patient would be immediately suffo-

suffocated without instant Help, the Wind-Pipe must be opened by Incision*. During the use of those Medicines, all Methods must be used to bring the Gout into the

* “ There is no Method in Medicine, MUSGRAVE says, which hath a good Effect so soon as this Operation of Bronchotomy;” and yet many people perish for the Want of it: being either terrified themselves at the Use of it, in the old, tedious, disagreeable Manner of performing it, or the Surgeons not understanding any other and disliking this. I shall therefore subjoin a Method communicated to the Public by DR. COOK of Essex since this Account was finished; the “ Piercing through all the Integuments into the Cavity of the Wind-Pipe at once with a small Instrument like a Trochar, the Silver Cannula about half an Inch long being curved a little towards its Point to prevent pricking the back of the Trachea and causing troublesome coughing. To perform this Operation let the Head of the Patient be reclined as far as he can bear, the Skin and Wind-Pipe be held tight, while with the Instrument dipped first in Oil, you speedily pierce into the Cavity through all at once a little lower than the Larynx; which may be dextrously transacted with very little Pain in a Moment or two of Time. Then withdraw the Steel Piercer, and leave the Cannula behind with its crooked Part downwards to breathe through; securing it in by passing two Strings through two small Holes in the Rim, or two rings joined to it to be tied behind the Neck and continued till the Tumor breaks, which will be in two or three days. This easy expeditious method excels all others; and the Wound will afterwards require but a superficial Application. Nor is it in a Quinsy only, but in Suffoca-

the Extremities. The Patient may drink Cyder, Rhenish, and subacid Liquors pretty freely. Apply to the Joint the Plaisters so often mentioned, or stimulating Poultices, and as soon as any Tumor is excited cover it with Flannell. If an Imposthume should be formed in the Throat and break, an emollient and suppurating Gargarism must be used, and after that, one moderately Astringent. In the mean time, Gruel, Barley-water, and such thin Aliment must be all his Diet. In the Day he should be up as much as possible with his Legs hanging down; and when abed the Head should be considerably raised. When the Case is over, if the Gout should not appear, the Cure must be finished with a mild Purge.

SOME Years ago when I had this Disorder to a great Degree, I took half a Paper

focations from Drowning, Damps, and many other accidents, this Small Silver Tube (in which is contained a Triangular Needle to pierce with, called a Trochar) may be equally useful: a speedy Push being made through the middle of the forepart, and drawing out the Needle, leaving the Tube in the Wound till the Patient recovers."

See the Daily Gazetteer of October 22.

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of Dr. JAMES's Powder, which in less than an Hour eased all the Feverish Pains which I had felt for two or three days before, and produced a very gentle breathing sweat for four Hours; in which time I drank only about a pint of Gruel. At the end of the four Hours, I took the other half which raised the Sweat a little higher. About five Hours after, I took half another Paper, which operated in the same manner with the first Dose; and I was in all respects well unless as to my Throat, which was as bad as it had been at all: except that the Outside Swelling and Hardness was in some measure abated. In this situation I continued all the following day and night, till four o' Clock the next Morning, when I fell asleep; which had not happened to me for three nights before: but when I waked, I was greatly surpris'd to find my Throat as well as it ever was in my life; and the following Night, a regular Fit of the GOUT succeeded, which lasted for six Weeks.

The next Case which comes under our Consideration is a GOUTY HEAD-ACH, described at pa. 102; the Cure of which
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must begin with Bleeding, especially if accompanied with Dimness of Sight, Redness of the Face, and Pulsation of the Temporal Artery, which threaten an Apoplexy. But Regard must still be had to the GOUT; so that we are not to bleed so much and so often as in these Disorders where there is no GOUT. If there is Sickness at the Stomach, it should be washed with an Infusion of Carduus. After these Evacuations, a Purge is necessary, and more than one if it hath been gentle, and the Constitution appears to be loaded. If no GOUT arises, the proper Medicines for it should be used, but with Caution lest they should drive the Blood and the Arthritic Matter more forcibly into the Head and destroy the Patient. [When the GOUT is in the Head, and does not yield to the Rhubarb Medicine above directed, I would advise, in addition to what is ordered here by MUSGRAVE, a Blister between the Shoulders, fomenting the Head with half an Ounce of Sal Volatile Oleosum and a Dram of Spirit of Lavender, and taking a Tea spoonful of volatile Tincture of Valerian in a glass of Water every three or four Hours.] THE GOUTY GIDDINESS described

scribed in the next page after the other, must have the same Evacuations, and the same Cephalic Medicines: and in Both these Disorders, afterwards a stimulating Plaister should be applied to the Extremities usually most affected. All cooling Emulsions, Embrocations, Narcoticks, and washing the Head with cold Water, are dangerous. To prevent a Return, a Blister now and then to the Neck or Arm, losing some Blood in the Spring, a Purge once a Month, keeping the Body always open, and the Feet being always warm, will be serviceable. Never take Snuff, nor Sleep after Dinner, nor indulge in much drinking.—Particular Prescriptions cannot be given that will suit every Age, and Constitution, and Way of Life: and as I am not writing for Fame or Practise in the Gout, I shall say no more of the remarkable Case of a Gentleman, who had tried at a vast Expence to be freed from this Complaint for six years together, but that I was happy enough to bring it in a Month to a Regular Fit which cured him, by a Method different from this of MUSGRAVE'S; in the Medicinal part of which the Confectio

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Cardiaca was the chief Ingredient; which will probably succeed also in other cases.

A GOUTY APOPLEXY, which is ranged under the same Head with the former, is to be cured by relieving the Brain with Evacuations and Revulsions, and removing the GOUT into the Extremities. Bleed therefore immediately to fourteen or sixteen Ounces according to the Strength and Constitution of the Patient. Immediately after, give a Clyster with some stimulating Ingredients, and soon after a stimulating Purge; and if the Purge doth not work briskly in three or four Hours, repeat the Clyster. At all other times, let the Patient be in an erect Posture, and after purging let the Bleeding be repeated in the Arm or Neck. Cupping between the Shoulders is of service. After these Evacuations, the External Applications should be made to the Joint last affected, and the Limb kept warm with Flannell. Great Effects have been produced in this case, by keeping the Feet as hot as the Patient can bear in hot water for a considerable time. If this Method doth not relieve the Patient, apply a
Blister

Blister to the Neck, to the back part of the Head, or all over the Head after shaving it; and let it lie on three or four days. Apply also Blisters to the Ankles, if the Gout used principally to be in the Feet, or to the Arms if the Hands used chiefly to be affected. Snuff to draw the Serum from the Nose (without making him sneeze, which is dangerous) may be of service. He may also chew Horse radish, and Mustard Seed, and Pellitory of Spain, to cause a great Discharge of Saliva. In the mean time he should take the Medicines which raise the Spirits and contribute to expell the Gout; but not till after plentiful Evacuations. Violent Frictions of the Extremities twice or thrice a day are of great Importance, and the stimulating External Applications, if the other methods fail, must be made use of. The Diet through the whole Paroxysm must be low; and instead of Small Beer, Cyder and Wine and Water, and Tea of any kind, may supply the place of it. No full Meals, nor Suppers of any kind. His Stools must be moderate, neither too many nor too few: the first might invite the Gout to the Intestines, the last would hurt the Head.

By way of Prevention, Issues on the Back, Country Air, Purging in Spring and Autumn, and in strong Constitutions Bleeding in October, will be serviceable. There is another sort of Arthritic Apoplexy, which MUSGRAVE calls Symptomatic; whose Cause is in the Stomach and Intestines, which he says must be cured by Vomiting and Purging, by Medicines exciting the Spirits, and which expell the GOUT.

THE next Case is A GOUTY PALSY, and is described at pa. the 104th. If the Pulse is full and the Patient inclined to a Plethora, the Cure must begin with Bleeding in the Arms or Jugular, or by Cupping with Scarification on the Back. A few Hours after give a Clyster. Purging is perpetually useful, but the Purge should be of the stimulating kind, capable of agitating the Blood, and removing the GOUT to the Extremities. Apply to the Joint most usually affected, the Apoplectic Cataplasm of BATES, or FULLER'S Horseradish, or some other equally stimulating. When the Humor is changed from the Head to the Extremities, some gentle Medicines may be taken with a Cephalic Julap. After
 general

general Evacuations, and as soon as a Tumor appears, apply a Blistering Plaister to it, and another to the Neck; and after shaving the Head, the Cummin Plaister. When the Gouty Matter is much fixed upon the Nerves, it should be attenuated by Decoctions, the Steel Powder, Frictions, Baths, Embrocations, proper Cloathing and Plaisters as in a genuine Palsy. A Decoction of the Bark with Chalybeates hath been of great service. If the Patient is hot, and the Gouty Matter accompanied with the Viscidity of the Blood, or joined with a Redundancy of Bile, as in following a Bilious Colick it sometimes is, in these Cases, warm Medicines taken in any quantity make the Patient unquiet, Feverish, and deprive him of Sleep; nor is he in the least raised or made stronger by them; on the contrary he is weakened and disturbed. In these Cases, German Spaw or Bristol Water if drank fresh, are of great Efficacy. Nothing is so effectual by way of Prevention as procuring regular Fits of the Gout. As soon therefore as any signs appear of the Gouty Matter abounding in the Habit, let the Patient take a strong vigorous Purge, if nothing contraindicates,

and afterwards two or three times a day Five Grains of the Steel Powder. Apply a stimulating Topick a few days after to invite the Gout upon the Joints. The Patient must never be suffered to be Costive, and must have perpetual Issues on the Arms or Back.

THE last Case we meet with, is at page 106, and comprehends the WANDRING GOUTY PAINS in the Back, and Shoulders, and external Parts of the Head. The same Method of Cure is required in all these Disorders. The first Step to be taken, if they are violent, is to bleed; and after that to give an Aloetic or some other brisk Purge, that the peccant matter may be in part evacuated, and in part removed to the Extremities. After these general Evacuations, it is not adviseable to do any thing further, unless the Pain is very violent: and in that case the Patient may endeavour to expell the Arthritic Matter, or to remove it to the Joints by Sweating. This is proper in wandring Pains, or an Erysipelas. If a Bloodshot Eye should grow worse after Evacuations, it will be cured with French Brandy and Rose-Water,

Water, the last half as much as the former, and a few Grains of Camphire. As for the little Ulcers that appear sometimes on the Face, they are to be treated like others which are not from a Gouty Cause: but they are so safe and useful, that no one should attempt to procure a Pain in the Extremities on their Account. If the Inflammation in the Ball of the Eye, and the Gouty Tooth Ach should be considerable, bleed in the jugular Vein rather than in the Arm. Then give a brisk Purge the next morning, and the next day lay a Blister to the Neck; and when it is taken off, apply a Mellilot Plaister with Cantharides in order to continue the Discharge. But if these Remedies are ineffectual and the Gout continues in those Parts, we must proceed to the Medicines which force it, and the Applications which draw it to the Extremities. A Gargarism which causes a Discharge of Spittle will ease the Teeth; and if the Tooth must be pulled out, the Mouth should be gargled with Spring Water, Honey of Mercury, and common Salt, and the Tooth put again in its place, which will be not less useful for having been drawn.—I believe it seldom

happens that One or even Two Teeth only are affected, but generally the whole Row, and sometimes of both Jaws; as I have often experienced. The Rim of the Belly, the Muscles of the Breast, and Side, have the GOUT sometimes misplaced upon them, and not infrequently the Calf of the Leg; which are cases that MUSGRAVE does not mention: and in these, Bags of hot Sand, or Bladders half full of boiling Water that they may lie commodiously, the Part being first covered with double Flannell, give speedy Relief. But these Cases generally terminate in the GOUT on the Extremities; or if they should prove violent, must be given there by Medicines.

HAVING thus gone through all the curative Indications in the various Cases of an Irregular GOUT so accurately described by MUSGRAVE; I shall now assist the Reader with SYDENHAM'S Advice when the GOUT is complicated, as it often is, with the Stone. For it is, he says, to be noted, that most Gouty Persons, after the Disease hath been of long standing, become subject to the Stone in the Kidneys, and are generally seized with Pains in those Parts; either

either at the Heighth, or more frequently at the Declension of the cardinal Fits of the GOUT, which are commonly very severe and weaken the Patient considerably; who was but too much debilitated and exhausted by the preceding Distemper. In this Case, omitting all other Remedies, let him immediately drink a Gallon of Posset-drink, in which two Ounces of Marsh-mallow Roots have been boiled, and let a lubricating emollient Clyster be administered. As soon as the Posset-drink is vomited up, and the Clyster come away, he should take five and twenty drops of Laudanum, or fifteen Grains of Matthew's Pill. To this direction an Addition is made by his Commentator, "that Turpentine Clysters given every twelve hours, and Opiates administered occasionally in small Quantities, will do great Service: but Aromaticks, which are otherwise proper in an Internal GOUT, must be exhibited very sparingly, for fear of inflaming the Parts and exasperating the Symptoms. In another Treatise subsequent to this on the GOUT, SYDENHAM says he must retract what he had written as to Purging being improper: because, under the Symptoms of the Stone from
 Bloody

Bloody Urine, it is requisite; and the GOUT may be prevented by an Opiate in the Evening. Accordingly he advises two Ounces and a half of Manna to be dissolved in a Quart of Whey, and drank in the Morning, with a little Lemon juice swallowed now and then to quicken its operation. This should be repeated on a set day once a week for some time, and at night sixteen drops of Laudanum. The Reader should take Notice, that though SYDENHAM hath retracted his Opinion as to Purgings, it is only under the Symptoms of the Stone, and then an Opiate is to be taken to prevent the Mischief as to the GOUT.

THERE is a Species of Irregular GOUT, not taken Notice of by SYDENHAM, nor by MUSGRAVE, unless we think it included in his Description of an Arthritic Collick; but which is treated of by LIGER the French Professor. It is a GOUT which at its first appearance attacks the Viscera of young Persons that are hearty Feeders, whose Fibres are lax and flaccid, and descended from Gouty Parents, without any previous Notice in any Joint. He had observed

Treat. on
the Gout,
Chap. 12.

observed it only in the Lungs, Stomach, and Kidneys, which it affects almost in the same manner as the Gout spontaneously translated; though the Pains attending it are less acute: and it is caused by the Insufficiency of Nature's Efforts to drive the Gouty Humor into the Extremities, the Vessels of which are too elastic to admit it, and obliges Nature to deposit it on the weakest Bowel. The Precipitation of it on the Lungs causes a dry Asthma: and if the Attack be made on the Stomach, it is known by an habitual Rejection of part of the Food without a preceding Nausea. The presence of the Gouty Humor on the Kidneys is indicated by a seeming Weight in those parts, and by continual but supportable nephritic Pains. The Urine is high coloured and turbid, with a large Quantity of Sand and mucilaginous Filaments. The Patient still retains his usual Plumpness much longer than if the Distemper was not caused by the Gout; which is the only thing to be regarded in determining this Cause, especially if there be any reason to apprehend an Hereditary Gout. But if an Alteration into the Extremities is delayed till the Stomach and

Bowels

Bowels are become extremely weak, a Physician doth not meet with a more terrible State in the whole course of his Practise: and the Patient dies in the Flower of his Age notwithstanding all Attempts to relieve him. That the Cure of this Disease may be attempted with success, the Vessels of the Extremities are to be rendered less elastic by being frequently bathed in warm water. The next step must be to give one gentle Emetick, which must be succeeded by a Repetition of Manna and Salts as Circumstances may require. He is also to drink Ptisans or rather Infusions saturated with the Salts of Germander and Ground-pine, and to continue them in case the Kidneys are not affected. He is however to be indulged with some Glasses of good Wine with a Toast, and in the beginning to be treated in the same manner as a Patient attacked by the Regular Gout. To this end he should begin with twenty four Grains of the following Medicinal Soap every Morning and Evening, to be daily augmented till it comes to half a Dram.

TAKE any Quantity of a fixed and pure Alkaline Salt prepared with Quicklime,

lime, and very pure Olive Oil. Place the Oil in a Vessel over the Fire, and whilst it boils throw as much of the Salt in as is sufficient to form a very white Mass, known by the Name of Medicinal Soap.

It is easily prepared : because if there is too much Oil, the Surplus instead of coagulating, swims on the Surface; and if the Excess is in the Salt, the Surplus subsides to the Bottom, entirely separated from the Mass. A great Character is given of this Remedy by the Professor, for destroying the Gouty Humor in the Intervals, if long persisted in, and assisted with frequent gentle Purges. In such Cases he recommends it to be taken in the quantity of Half a dram mixed with Rhubarb and Gentian each ten Grains, and made into a Bolus with any Purgative Syrup, twice a day.—The only Observation which I shall make upon this Extraordinary Case, is, that there seems to be a Contradiction in it; by his saying that the Disease attacks those whose Fibres are lax and flaccid, and yet that it is caused by the Vessels of the

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Extremities being too Elastic to admit the Gouty Humor.

It doth not occur to me, after much consideration, that any thing is omitted in this Treatise, which I have judged to be of Importance, either as to the Theory of the Gout, or the Treatment of it in a Regular Fit, and in the various Cases of an Irregular, or Misplaced Gout. It remains now therefore only to make the proper Observations on the Management necessary in the INTERVALS; in which alone it is that any considerable or lasting Benefit is to be procured in this Distemper. Let me premise however that the Patient is not to expect any momentary or sudden Change from any Assistance whatsoever. For as the whole Habit hath been depraving by slow and gradual Steps, so the Constitution must be restored after the same manner: and yet People generally flatter themselves with the Hopes of a more speedy Relief, than the Nature of their Disorder will admit of; as if they thought Remedies were to act like Charms, without Length of Time and a Manly Perseverance. But as violent

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Methods are unsafe, unpleasant, and contrary to the Operations of Nature in the GOUT, a Reasonable Man, one might think, would undergo without repining the Fatigue of reducing a disordered Constitution, as much as may be to its former State, by a slow and regular Progress. For tho' the Gouty Matter seems annihilated at the Period of a Fit, yet I have proved that it is not so: and if it were, many more Fits are to be expected and will infallibly come; and these subsequent Fits, if they are not longer and more compounded, as they generally are, yet are always more dangerous than the First. No Time therefore is to be lost: and the Days that are nearest the past Fits are not to be trifled away, if the Patient would secure a longer Intermision, and a slighter Return. But the Misfortune is, that Gouty People, as SIR WILLIAM TEMPLE observes, "are generally frank and generous, and love to enjoy Health whilst they have it, without making much Reflection on what is to follow; and so when they are a little well they deny themselves nothing to which they have an Inclination to eat or drink." In short they no sooner imagine the Fit to be

over, than they forget the Tortures of it; and are willing to make themselves some Amends for what they have suffered; and thus refuse to hearken to those Advices which would improve their Constitution and lengthen out their Health.

HAVING premised thus much in order to impress the Mind of the Reader in Favour of what follows, I shall now proceed to the Observations on the Necessary Management in the INTERVALS OF THE GOUT: and it will add to their Accuracy, if they are ranged under the Heads, of Air, Medicine, Exercise, and Diet. We will begin with Air: And little as this Circumstance is attended to, it is of no small Importance in every Stage of this Distemper. I know of no Writer upon the GOUT beside SYDENHAM who hath ever mentioned it at all; and what he says upon it is this. "It must be noted however that a Healthy Air is vastly preferable to an Unhealthy one for this purpose [meaning Exercise]: thus the Country is better than the Town, where the Air is full of Vapours that exhale from the Shops of different Mechanicks, and rendered still denser by the Closeness of the Build-

Syd.
Works.
p. 499.

Buildings as it is in LONDON. But the great Difference there is between using Exercise in the Country, or in Town, a Gouty Person will soon find upon Trial." For this reason I advised the Arthritick, as soon as he found a Fit approaching and had the Misfortune to live in Town, to remove immediately into the Country. I call it a Misfortune, and it is a very great one, for any Person of much Gout to be obliged to live in such a City as the Metropolis; the Dissipation of the Humors being much more copious in the free sweet open Air of the Country, than in large Cities where the Air is neither free nor sweet. The Spring of the Air too is much weakened by the Steam and Heat, that it doth not act upon the Blood as it should do; which in those who live high and without sufficient Exercise is a Circumstance still more injurious. The first thing therefore to be done, as soon as the Fit is fairly at an End, is for the Patient to move abroad in the Air of the Country as much as possible; which he will find restore his Strength more in One Day, than remaining within Doors will in many, provided that the Air is neither damp nor foggy.

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For as it hath been proved that the Constitutions of Gouty People are moist and lax, such a State of the Air will not only increase that Disposition by relaxing the Fibres, but also, as the Experiments of SANCTORIUS shew, will lessen the Perspiration. For in a dry and clear Air the Skin is kept both drier and harder than in Wet Seasons; by which means there is a freer Passage for the perspireable Matter, and more Liberty for it to exhale and fly off afterwards: Whereas in damp and foggy Weather, the Skin is moistened by the external Air, and the Pores become foul and clogged with the gross Particles hanging upon it. To this it must be added, that the watry Particles which float about in such a Condition of the Air, are attracted by the Skin and mixed with the Blood: And for the same Reason that a foggy moist Air should be avoided, a Nitrous Air will do Mischief, by mixing with the Blood, and chilling and thickening the Animal Juices. To being abroad unavoidably in such a State of the Air, though for no long Time, I owed two of the worst and most dangerous Fits of the Gout that ever I had in my Life. As
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necessary therefore as Daily Exercise undoubtedly is to an Arthritick, it should be taken, when the Air is in either of these States, by some Contrivances within Doors; or more Prejudice will arise than the Benefit of the Exercise will compensate. By the same way of Reasoning it is very easy to see that Night Air should be avoided, and that the Gouty should not be abroad much after Sun-set. “ There is another Caution, says SYDENHAM, to be inculcated, which though it may seem Trifling, is of great Moment, both in order to digest the Gouty Matter during the Fit, and also to prevent the Generation of it in the Intervals; and that is going to Bed early, especially in Winter. For next to Bleeding and Purging, nothing impares the Strength more than sitting up late at Night: And though there may seem to be no Difference betwixt going to Bed earlier or later, provided the Person lies in Bed the same Number of Hours, yet it is not so.” For this reason he advises such as are subject to the Gout to go early to Bed, especially in the Winter, and to rise betimes in the Morning; though their having had less Sleep than usual may in-

Syd.
Works.
p. 495.

cline them to lie longer in order to get it up.

THE next Article of Management in the Intervals of the GOUT relates to MEDICINE: And as Indigestion hath been proved to be the Primary Cause of the GOUT, the first Direction of Medicine, it is natural to require, should be to strengthen the Digestive Powers. To this Purpose I believe there is nothing more efficacious within the Compass of Physick, than a frequent and almost daily Use of the Tincture of the Bark, and of the Elixir of Vitriol, already mentioned at the Declension of a Fit. Of all Simples for strengthening the Digestive Faculties, SYDENHAM hath given it as his Opinion, that the Peruvian Bark is the best: and CHEYNE says, “among all the Strengtheners of Digestion he would reckon a strong Infusion of the Jesuits Bark in generous Claret, as being the coolest Bitter, the most powerful Strengthenener of relaxed Fibres in the Instruments of Digestion, and the greatest Antidote of Urinous Salts, especially if joined with Chalybeates, and some qualifiers of its mawkish and nauseous Taste.” But as it is

Eff. p. 24.

is well known that the Bark soon loses its Efficacy by daily use when it is taken alone, the Acorns, and the other Ingredients in the Tincture, are added to it to make it more effectual: and as such a Medicine is to be continued daily for Life during the Intervals, it may be better to take the Tincture and the Elixir alternately; that is, the Tincture for One Month, and the Elixir for Two, and so on, than to be confined to either of them. The last Medicine I am persuaded is not to be had genuine except at Apothecarys'-Hall: and as no Gouty Person deserves to have such a valuable Remedy in his Possession that will not be at the Trouble of making it for himself, I shall give him the Method from QUINCY which I have used for several years.

TAKE Cinnamon, Ginger, and Cloves
of each three Drams; Calamus
Aromaticus an Ounce; Galan-
gal an Ounce and half; Sage and
Mint dried of each half an Ounce;
Cubeb and Nutmegs of each two
ounces; Wood of Aloes and Le-
mon-peel of each a Dram. Powder

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them together, and add to them White Sugar-Candy three Ounces; Spirit of Wine a Pound and half, and Oil of Vitriol a Pound. Digest them together twenty Days, and then pour off the Liquor and filter it for use.

The Spirit had better be digested upon the Ingredients sometime by itself, because the Oil of Vitriol gives a Thickness to it, and disables it from taking out the virtues of the Spices; and when it is put in it must be done very gradually, because else it will cause so sudden a Heat, as to endanger bursting the Vessel. This very well imitates, says QUINCY, the Virtues of the celebrated Bark, and is properly given in all Intentions where that is found to succeed: So that by its Help, Intermittents, and many Disorders from too lax a State of the Solids, may be removed with a much less Quantity of the Bark than they might otherwise require. One or other of these Medicines, the Tincture or the Elixir, should be taken once at least every day when the Stomach is most empty between the Meals; and with their Assistance there

is but little Aliment will remain undigested, especially if Caian Pepper is eaten with the grossest and hardest Animal Food. I have said that one of these Remedies is to be daily used; and SYDENHAM hath assured us, that it is primarily and chiefly to be attended to, that all Stomachic or Digestive Remedies, whether they consist of a Course of Medicines, a Regimen, or Exercise, are to be persisted in daily with great Exactness. For since the Cause is become habitual and in a manner changed into a Second Nature, it cannot reasonably be imagined that the Cure can be accomplished by means of some slight and momentaneous Change made in the Blood and Juices by any kind of Medicine, or Regimen; but the Whole Constitution is to be altered, and the Body to be in a manner framed anew. For since this Habit is chiefly founded on and consists in a Weakness of all the Digestions, and a relaxation of all the Parts, both these Disorders must be remedied; and the Strength of the Digestive Powers, as well as the Tone of the Parts, restored and recovered by Degrees to the former healthy State of the Body.

Syd.
Works.
P. 481.

As to Purges in the Intervals of the GOUT, notwithstanding almost All Physicall Writers condemn SYDENHAM'S Opinion in rejecting them, even those who hold his Abilities in the highest Estimation, yet I am not afraid to say that I adhere to it inviolably. It is fit the Reader should see what he says. " For my own part, I am abundantly convinced from much Experience, that Purgings with either mild or strong Catharticks proves very prejudicial; whether it be used in the Fit to lessen the morbid Matter, or in its Declension to carry off the Remainder, or in a perfect Intermision or healthy State to prevent an approaching Fit. For I have learned at my own Peril, as well as that of others, that Purgatives exhibited at any of these Times, instead of doing Service have hastened the Mischief they were intended to prevent.—As to Purgings at certain times in the Intervals by way of Prevention, though it must be owned that there is not so much Danger of occasioning a fresh Fit, as in the other Instances, yet even at this time it is productive of a Fit; and though it may not perhaps come on immediately, the Disease nevertheless will not go off entirely

tirely by taking any Purge constantly at proper Intervals. For I have known some Gouty Persons, who, to recover their Health not only purged Spring and Autumn, but Monthly, and even Weekly, and yet none of them escaped the GOUT; which afflicted them more severely afterwards, and was accompanied with more violent Symptoms than if they had totally forbore Medicine. For though such Purg-
 ing might carry off a part of the Gouty Matter, yet as it doth not at all contribute to strengthen Concoction but rather weakens it, and injures Nature afresh, it only strikes at One Cause, and is by no means adequate to the Cure of the Distemper. Besides, the same Paucity of Spirits which hurts the Concoctions in Gouty Subjects, renders their Spirits weak and languid and soon disturbed; whence it happens that the GOUT, usually follows the slightest Evacuations." The Reader shall now see what CHEYNE says in Opposition to this Reasoning and Experience; from whom most of our Modern Writers seem to have taken their Idea of the Benefit of Purg-
 ing in the Intervals of the GOUT. He tells us
 " that

Ed. p. 22. “ that SYDENHAM, who was otherwise a most accurate Observer of Nature, and a most judicious Practitioner, has been the Occasion of a great Mistake in the Management of the GOUT, by forbidding almost all Evacuations as well in the Intervals as in the Fits, for fear of weakening the Constitution.” CHEYNE hath owned however “ that in Spring or Fall, when the periodical Fits of regular GOUT commonly happen—which he considers as cardinal and critical Discharges for purifying the Blood, and discharging the Gouty Salts—Nature is not to be disturbed in its Operations by Purging. But in the light flying Touches of the GOUT out of these Seasons, and in the Intervals of the Fits, gentle warm stomachic Purges will be an excellent Remedy to send these a going, to lessen the Fits, and to lengthen the Intervals.” To support this Opinion, he hath added “ that a Person out of the Pain and Inflammation of the Fits and in the Intervals, except his natural Disposition to breed another Fit, is to all Intentions of Medicine the same as a well Person.”

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EVEN the Reasoning of SYDENHAM upon a Point of Practice, is equal at least, if not superior, to the Reasoning of any Physician since his time that this Country could ever boast of: And therefore if we were to be governed by Authorities, none I think would bid fairer for our Submission to it than His. But when to his Reasoning is added an Experience in his own Person as well as among his Patients above thirty Years, it is more than Bold to contradict him upon a Matter of Fact with mere Reasoning only, without Experience also to set against him. But as CHEYNE had not such an Experience, so I may be allowed I think to say, that the Reasoning of the BATH Physician is fallacious, as it is built entirely upon a Mistake. My own Experience will justify this Boldness in Support of SYDENHAM; and were there no other Motive, I owe his Memory this Support, for the great Benefit that I have received from his Treatise on this Distemper. But I presume I have made it very Demonstrable, that a Gouty Person out of the Fit and in the Intervals, is NOT to all Intentions of Medicine the same as a well Person; by shewing that All the Arthritic

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Matter, even after the severest Fit, is not quite expelled out of the Habit. It hath likewise appeared I think incontestible, that even in the light flying Touches of the GOUT, the Matter is gotten too far into the Secretory Vessels—or it would not occasion Pain in the Extremities—to be reached and carried out by Purges. Besides all this, it is an established Aphorism of HYPOCRATES, “that Evacuations are not to be attempted in any other way than Nature hath pointed out.” But the most active Purges cannot in this case imitate Nature; an invariable Law of which it is, as SYDENHAM hath observed, in this Disease, to drive the matter into the Extremities. The only Benefit that can be derived from Purges, “must be to lessen the Fits, and to lengthen the Intervals.” And in this Case I believe the Injury which they do, is far beyond the Advantage that is expected. For if we should be weak enough to set aside the Notices from Experience which SYDENHAM gives us, we must allow that in order to render Purges of any effect towards the intended Purpose, they must be very often repeated: And who doth not know that a frequent

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Repetition of Catharticks wastes the Spirits and Strength, and weakens the Digestive Powers; the weakening of which hath been shewn to be the Primary Cause of the GOUT? Instead therefore of making the subsequent Fits lighter, the Symptoms will be more violent after such a Process: Nor will it be any wonder, that the Matter which Nature was preparing in a slow and regular Progress, to be expelled in her own way at the Extremities, being so frequently and greatly agitated in its Passage by the Ruffling of the Purges, should be translated crude and indigested on some of the Vital Parts. The milder the Purges are which are made use of, the more inoffensive they are without dispute. But I do not scruple to affirm, whilst I have SYDENHAM'S Authority, and His and My own Experience to bear me out, that in All the Regular Fits, and in the Salutary Interval of an Arthritick, it is safest and best to omit all Purges whatsoever. Even CHEYNE acknowledges that in a Nervous GOUT they are prejudicial.

NEVERTHELESS as it is an Article of the utmost Importance that the Body should
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be kept always open, in order that the grosser Juices may be carried off that way, and nothing but what is of a fine Contexture may be left to pass into the Lacteals, so to answer this Intention, I would recommend a small Pill of the Species of *Hiera Picra* by the Old Dispensatory finely powdered, and made up with Gum-water, to be taken every Night during the Intervals at the Hour of Rest. Or if a liquid form is liked better, infuse an Ounce of the Species in a Pint of French Brandy, and take Half a Table Spoonful at the same time every Night. The Size of the Pill, and the Quantity of the Tincture, must be proportioned however to the Constitution, that either of them may just keep the Body open, and nothing further: that is, not to occasion more than the usual Stool, but to fuse the Excrement of it just enough to destroy the Shape of the Intestine. The Medicine will not lose its Effect, though thus constantly taken, as I have experienced for many years: And this Alterative will answer all the sensible Intentions that can be meant by Purges in the Intervals, yet without any of their injurious Consequences. For it is so far

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from weakening the Digestive Powers, that it tends greatly to Strengthen them: Nor is the least Violence done to Nature, or any Disturbance of the Humors given in its Operation. But as there are some Constitutions to which this Medicine, because of the Aloes, is disagreeable, the following Infusion may be substituted in its Room.

TAKE an Ounce of grated Rhubarb, an Ounce of Orange Peel finely pared, and an Ounce of Carraway Seeds bruised. Infuse these Ingredients in a Quart of White Wine for three days; of which take half a Wine Glass, or what will just answer the above-mentioned Purpose, every Day sitting down to Dinner.

After giving a very Extraordinary Character of Rhubarb, CHEYNE says, " Next to EFF. p. 36. That, and all Circumstances considered even far before it, He would recommend Sulphur as one of the best Remedies in the Intervals of the Gout; that he has known Half a Dram of Flower of Brimstone, taken regularly twice a day in a Spoonful

ful of Milk, prevent the Fit for many Years, and lessen both its Pain and Duration when it happened." But as Sulphur relaxes the Fibres of the Alimentary Passages—as he owns himself in another place—it is surely rather hazardous to be every day persisted in for any Length of Time. Under the constant Use of the Medicines I have now recommended, which astringe and strengthen as well as evacuate, the Body will be kept always open, and the grosser Particles of the Food will not be carried beyond the first or second Stage of Circulation. But I must caution the Reader not to expect any Benefit from this Practice till it hath been persisted in for many Months, perhaps for near a Year: in short till the greatest part of the Matter that had been before accumulating gradually from his Aliment hath been evacuated by Fits of the GOUT.

THOUGH nothing but what is of a tolerable fine Consistence will by this means get into the Lacteals and so into the Blood and the Parts beyond it, yet Impurities will naturally be collected in the Stomach, and ad-

adhere to it without Assistance for their Expulsion. The Stomach should therefore be regularly washed once a Month, with a strong Infusion of Carduus or Camomile Flowers. HIPPOCRATES recommends it to gross Well Persons to Vomit three times a Month to preserve their Health, and to lean Well Persons to Vomit twice a Month for the same Purpose. It hath been demonstrated by Anatomists, that the Stomach itself suffers no more Violence in Vomiting, than a Vessel doth that is cleansed by pouring Water into it, and then pouring it out again. I shall here avail myself of CHEYNE'S Authority on this Subject; who notwithstanding what he hath said in favour of Purges, hath given Vomits the Preference. "Gentle Vomits, as they cleanse the Stomach and Bowels, and principally as they free the Nerves from all extraneous Bodies, and increase the Perspiration, may not only be used safely but with great Advantage. 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 used, Strong in themselves, and not so

Cheyne.
Ess. p. 80.

Essay,
p. 100.

necessary to Concoction. Purges carry little off but what would otherwise pass off in time by the natural Force 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 itself would gladly, so to speak, throw up by the same Organs, the same way Nature tends." Whether or no this Quotation will be allowed to invalidate what he had said before in behalf of Purges in the Intervals of the GOUT, it will certainly shew the Advantage of such frequent gentle Vomits as I have recommended at those Seasons.

THOUGH SYDENHAM hath said nothing of the BATH Waters for this Distemper, which we may suppose therefore were not then experienced for it, yet they have come into Use in it so generally since his time, that they deserve a Place in this ACCOUNT. As to myself, it hath never fallen in my way to make any other Trial of them than for a few days at a time, which is no trial at all, nor was so intended. But CHEYNE who resided many years at BATH, and whose Authority in this case

case I think may be submitted to, hath given a great Character of their Efficacy in the Intervals of the GOUT. Omitting the Reasoning by which he accounts for their natural Heat, as beside the present purpose, I shall relate only what he says of their Efficacy in this Distemper. “ The BATH Waters must needs be an excellent Remedy in the GOUT, as well as other Chronical Cases, for these Reasons. First, Because of their Warmth, just suited to the Wants of Nature, and a little above the Heat of Human Bodies, sufficient to introduce a foreign Warmth and Motion to cold and decayed Bowels and Fluids; whereby the natural Warmth and slow Circulation is increased and enlivened. Secondly, this, with its agreeable taste and milky softness, makes it fit so easily on the Stomach and become so excellent a Vehicle to wash into the Blood other proper and Specific Medicines, without that Nauseousness and Fret on the Spirits which all other Hot Waters hitherto known occasion; or without that Chillness and Damp which all cold Mineral Waters give. To these add, Thirdly, their Chalybeat Principle, so peculiarly locked up in Sulphur,

Eff. p. 52.

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 combined able to effect?—without the Nauseous Taste and frequent Disorders upon the Stomach, that every other way of giving Steel produces. Fourthly, The Sulphur united with the Steel makes it a natural kind of Soap for cleansing the Insides of the Vessels from the Foulness that cleaves to them, and for opening the Obstructions of the small Vessels. But fifthly, That which, together with the others, makes it Specific in the Gout, is its relaxing Quality; whereby it softens and supple the rigid and stiff Fibres, so as the Gouty Humours may pass freely by Perspiration.”

To an Arthritick who can afford to go to BATH for these Benefits, the Precaution which CHEYNE gives, of a previous cleansing of the Stomach and Bowels, and not drinking more than a Quart in a Morning, I apprehend will be entirely needless: because I presume he will as naturally retain a Physician on his getting there, as he will engage in the other Expences of the Place.

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As to the fittest Season for drinking these Waters, though Custom hath confined it to the Spring and Fall, yet he observes the Waters are ever the same, without any Variation except in their sensible Qualities from the Variation of the Weather. If this be so, there is no Difficulty in determining that the proper Season for a Gouty Man to drink them, is all the Winter long, from his last Fit in the Fall till his next Fit in the Spring; which, by the Help of these Waters and proper Exercise and Diet, I dare pronounce he will find to abate much of its usual Violence. I have indeed such an high Opinion of the Utility of the BATH Waters in this Distemper, for Reasons that are drawn from what hath appeared in several Parts of this Treatise, that I have often wished I could have made the near Neighbourhood of BATH my residence. For I am persuaded if they were properly drank every Day for Life, accompanied with the other Means just mentioned, they would bid much fairer for eradicating the GOUT—if that were possible—than any Medicine that hath yet been introduced, by any Man, or from any part of the Globe: And though no-

thing will shake my Belief that a Medicine to that purpose will never be discovered—not even SYDENHAM'S Authority who seemed to think it might—yet after many Trials and Experiments, I have at last I think hit on a Medicine, by the daily use of which and a proper Regimen, I hope the most inveterate GOUT may be so subdued, as to give no more Trouble than an impatient Man may bear without repining; which is all that an Arthritic hath to desire: for if he is a man of Sense, he will not wish, if it could be, to be freed entirely from it. But the Experience of this Medicine hath not been long enough for me to speak of it in any other character than of Probability, nor to justify its Publication. If I should live to make a Trial of it for some Years, and it should answer the Hopes that I have conceived of it, the Publick will probably reap the Advantage of the Time and Thoughts that have been employed about it.

UNDER this Head of Medicine, I shall mention Issues in One or Both Legs; which have been strongly recommended by an English Physician from abroad, I think
from

from Smyrna,—for as I have the GOUT now upon me I cannot get at his Letter—and by INGRAM the Surgeon already mentioned. Where a Flux of Humors doth not contraindicate the Use of this Remedy, which obliged Me to drop it, there is great Reason to expect it may prove highly serviceable: and Gouty Oppressions of the Breast, in some Persons of great Consequence who had tried Medicines in vain, have been greatly relieved with them by my Direction. For such as are inclined to try it, I will subjoin what INGRAM directs upon it. “As all Fluids are known to gravitate, a depending part must prove of most Advantage: and the Interstice between the Gastrocnemii Muscles, (on the inside between the Knee and Calf) is not only the largest Interstice of any, but hath also a Communication with all parts of the Body:” He recommends them therefore in that place above any other; grounding his Opinion on the following Aphorism of HIPPOCRATES: “The Courses of those things which tend where they ought not should be changed; but if they tend where it is convenient, a Way ought to be made for them that they may tend

Ess. p. 89,
100.

the more readily thither." To this I shall only add, that the Discharge of such Issues is best encouraged by Orange Peas.

Chesth.
Gouty
Man's
Comp.
pref.
p. 13.

THAT I may leave nothing omitted which may be of Use to my Gouty Brethren, I must observe that it sometimes happens, that the Chalky Concretions have sufficient Force to break and lacerate the tender Vessels, and the Membranes of the Fibres. In this case, the "Anguish is said to be soonest mitigated, and the Wound cicatrized, by the Application of a warm white Bread Cataplasm, lubricated with a little Ointment of Elder or Marshmallows, renewed every two hours day and night; and when the Pain is in a great measure abated, a dry Lint may be applied to the part affected, and then the Malady will in due time be healed: though in Old Age sometimes warm Fomentations night and morning will greatly promote an Assimilation; but all unctuous dressings are highly injurious to Gouty Impurities which have forced their way by Excoriation." It might perhaps be better that these Wounds should never be dried up, but kept constantly open that they may answer the same

Inten-

Intention with the Issues. These are All the Directions as to Medicine in the Intervals of the Gout, which appear to me to be necessary or expedient: For though Bathing and Friction are Medical Indications, yet they will more properly fall under the next Head of Exercise.

THE Article of EXERCISE in general it must be owned is a very easy one to direct upon; though there is none of more Importance to an Arthritick in the Intervals of the Gout. It appears from the former part of this Work, in which was given the History of the Circulation of our Aliment, that the last Digestion in the Secretory Vessels to fit the Matter for Transpiration was the most momentous, and that it depended on the Force or Elasticity of the Fibres of which our Solids are formed. No Medicine in the World therefore can so effectually preserve this Elastic Force as the Methods which will fall under this Head; and which should be pursued with as much Constancy and Regularity every day, as our Meals are for the Nourishment and Support of Life. The Authority of our Friend SYDENHAM is full and clear
upon

Syd.
Works,
P. 497.

upon this Point. The Reader shall see what he says. There is nothing so effectually prevents the Indigestion of the Humors, and consequently strengthens the Fluids and Solids, as Exercise: it must however be observed that unless it be used daily it will do no Service; and that if it is not Moderate it will waste the Spirits too much, and consequently hurt the concoctive Powers, which are strengthened by continued and gentle Exercise: And as the Intervals between the Fits cannot be long without constant Exercise, so the Patient will likewise be more subject to the Stone, which is a more painful and dangerous Disease than the Gout. To these may be subjoined another momentous Particular, that not only the generation of Chalky Concretions may be prevented by daily and long continued Exercise, which duly distributes the Gouty Humor throughout the whole Body that otherwise readily attacks a part, but as he had experienced in himself, it also dissolves old and indurated Concretions, provided they are not come to such a Degree as to change the external Skin into their Substance. As to the kind of Exercise he prefers Riding on Horse-

Horseback ; and says he has often thought that if a person was possessed of as effectual a Remedy as Exercise in this Disease, and had the art also of concealing it, he might easily raise a considerable Fortune.

THE first thing to be recommended under this Head, is, after waking in a Morning, Chafing well with the Flesh Brush, or coarse Towels, more especially the Parts affected usually with the Gout ; and in the Summer half year, as soon as Breakfast is over, if the Weather permits, Riding on Horseback for two or three Hours, and the same again in the Evening : the Winter will scarcely permit it more than once, which should be in the Middle part of the Day ; and at no Time should Exercise be used till it fatigues. But if Age or Inability makes the use of an Horse impracticable, the same Exercise may be taken, tho' not so effectually, in a Carriage. Indeed as Carriages are now constructed on Steel Springs—which is One of the ill effects of our present Luxury—the Riding in Carriages on our smooth Turnpike Roads hath ceased to be any Exercise unless it is taken Post : And a Gouty Man, except

cept that he is swimming about, half way in and half way out of the Air, might, as to all the Purposes of Exercise, as well be at home in his Elbow Chair. Such Carriages as these therefore are not within my meaning: and if an Arthritick hath an Intention to receive the Benefit of Air and Exercise in his Coach or Chariot, he must lay aside his Springs, and return to the old way of Leather Braces; by which his Health and Strength will be much better secured. The first are the Inventions of Sloth and Luxury: and if we go on a little longer at the Rate we have done for some time past in this sort of Contrivances, we may soon perhaps be able to vie with the Asiatics; and our Fibres and Nerves may be as unstrung, and our Muscles and Ligaments as enervated as theirs. I am writing now however only to the GOUTY; and therefore concern myself no further with the ill-fated Luxury that abounds, than as it concerns Them in the Use of Exercise: and here I desire not to be misunderstood. For as all Exercise should be moderate in order to become Useful, so if an Arthritic hath any Occasion to travel an hundred Miles in a day, a Car-

Carriage upon Springs in such a case is Necessary. But this is not the Exercise we are now upon. The Exercise which I mean to recommend in this place, is the daily Exercise which his Health requires, moderate, gentle, and in the open Air for two or three hours at a time : and for this purpose nothing is so Salutary as an Horse, both for the Benefit of the Air alike compressing the Whole Body, and the equable Motion that is communicated to every part ; by which the natural Heat is revived, and the Secretory Vessels are enabled to perform their Functions in a proper manner. But if riding on Horseback should be unattainable, a Carriage on the old Construction may supply the place ; in case of sudden Showers, or damp, or nitrous Air, it hath the Preference of a Horse.

“ The Patient must likewise use his utmost Endeavour to keep his Mind Easy ; ^{Syden.} P. 496. for all disquieting Passions, if they once become immoderate, greatly dissolve the Texture of the Spirits which are the Instruments of Digestion, and so of course increase the Gour. Too much Application to Study and Business is likewise equally per-

pernicious; hence I conceive it is that few Fools ever have the Gout."

THE next thing to be considered under this Head is Bathing: and here I find myself at a great Loss. My old skillful Luminary SYDENHAM affords me not the least Glimmering; and my Experience hath not reached it. For Bathing the Extremities at the End of a Fit, above mentioned, is not what is here intended. But as nothing is to be omitted in this ACCOUNT that I judge may be of Importance, so a total Silence on an Article which hath great Authorities to recommend it, and is now much in Fashion——for Fashion in this Country governs even in Remedies——might probably be deemed impertinent. I will begin therefore with the Use of the Warm Bath: And when I consider the great Reputation that this was in for promoting Health among the Ancients, and the immense Expence to which the ROMANS put themselves to make their Baths convenient beautiful and magnificent, it astonishes me beyond measure that in this Age of Profuseness of every kind, such a Species of Sumptuous Noble Luxury as this really is

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—setting

—setting Health out of the Question—
 should never yet have found its way among
 the Great. As I have to do however at
 present only with the Gout, I shall con-
 fine the Extracts and Observations to that
 Subject. It is some Years since I saw DR.
 OLIVER's Treatise on Warm Bathing in
 Gouty Cases : and as I have it not by me,
 and cannot now get at it, I am obliged to
 refer the Reader to the Pamphlet itself for
 his Information. But if I remember
 rightly He is very Cautious in the Use of
 Bathing, and does not judge it of much
 Advantage in the true inflammatory Gout,
 but where the Matter is less Acrid and more
 Clammy (which is probably what LIGER
 and some of the Ancients mean by the
 Cold Gout) when it thickens hardens and
 contracts the Tendons, and renders them
 less apt for Muscular Motion. Neither,
 unless I am mistaken, doth he promise
 much Relief in continued Gouty Lamenesses
 of any kind, without submitting to a long
 and tedious Course of Bathing, repeated at
 proper Intervals, and many Seasons suc-
 cessively : which my Situation not per-
 mitting I never made any Trial of it.
 But CHEYNE, I believe, will furnish us
 with

with every thing that is Material in favour of that Practise. Let us see what he says:

Ess. p. 55. " It is capable of Demonstration that the Pressure and Weight of the BATH Waters in Bathing is sufficient to counteract the Force of the Perspiration some Millions of Times; and consequently that these Waters, relaxing the Fibres of the Vessels and soaking through the Scarf Skin and even the Coats of the small Vessels, are introduced into the smallest Glands, and conveyed by the returning Veins into the Mass of Blood, and by the Force of the Circulation assist in opening Obstructions through the whole Habit: and this accounts for the wonderful Efficacy of Bathing in many Cases, and in Weaknesses after the GOUT. For it is matter of Fact, that those who have been crippled by the fixing of the Gouty Salts upon the Joints, or disabled by the Tenderness of the Parts, have been extremely relieved by a long course of drinking and bathing in these hot Waters: which by relaxing the Fibres, dissolving the fizy Humors, diluting the Gouty Matter, and making it pass by Perspiration, have restored them to the Use of their Limbs." This is the Substance
of

of what CHEYNE hath said in favour of Warm Bathing in the Intervals of the GOUT.

I BELIEVE it is very true, that many people have found Benefit from it, in the Lameness and Contractions that severe Fits have left behind them; and it is to be observed that no Facts to any other Purpose in this Disease are here asserted by him. I believe also that in these Cases, Warm Bathing at other Places in Sea Water, now much in Use, will be full as effectual as at BATH: indeed I would give it the Preference, not only on Account of its Qualities, but as I would Artificial Baths if they were in Fashion, because I think the most moderate Waters at BATH too Hot; (for there is a Difference in the Heat of the several Baths) whereas the Others may have such a Degree of Heat only given, as by staying in them the time necessary to attain the desired End, will neither agitate the Humors, nor sink the Spirits, nor waste the Strength. But the Purpose we are now considering, is the Efficacy of Warm Bathing in the Intervals of the GOUT, in order to reduce the Number, and to lessen the Severity of the Fits: And here I must con-

fess it is no Inconsiderable Argument with me against it, that SYDENHAM hath taken no sort of Notice of it. For though Drinking the BATH Waters was not very much in Use when he wrote his Treatise upon the GOUT, yet Bathing in them was then the Principal End for which People generally went to BATH; and for many hundred Years after their first Discovery was the only Circumstance that gave and maintained their Reputation. Had That accurate Observer therefore seen the Usefulness of Bathing there in the Intervals of the GOUT, an Article of such Importance would never have escaped his Pen. But if it can be made appear from several Instances, that frequent Warm Bathing, either in Sea Water or at BATH, hath had very good Effects without any Prejudice, if it hath prolonged the Intervals and made the succeeding Fits light and easy, without ever inflaming the Gouty Humor, or translating it on the Vital Parts, there is nothing more to be said. But since CHEYNE hath owned that an Objection had been raised against it, lest the Gouty Humor should be driven Inward upon the Bowels, and hath solved it no otherwise than by observ-

observing as he had done before, “ that when the Fit is over the Gouty Fluid or Matter is mostly or altogether spent,” and this hath appeared to be False in Fact, a Difficulty still remains with me upon the Point of Warm Bathing; and I choose to leave it entirely to the Reader’s own Determination.

IF I have any Doubt however upon that Head—as I have a very great one—I have no doubt of the Inexpediency, and of the Danger of Cold Bathing, even in the Sea, for Gouty People. For People in other Disorders, it very probably may, and I believe hath done Wonders: and even in Gouty Cases, to Bathe the Extremities at the Declension of a Fit in Cold Water and Salt, where Sea Water is not to be had, hath been here recommended. In these Cases also, Cold Pumping on the Part, or the Fall of Water from a Height, may be still more effectual. But though CHEYNE commends Cold Bathing, which must mean a total Immersion, yet it must be observed that it is grounded on his former erroneous supposition, “ that the Gouty Humor being spent, and the Obstruction

removed entirely, no such Humor can be translated upon another part by Cold Bathing, more than if the Person had never had the Gout." He adds however, "that this Practise is very cautiously to be gone about by the Old and Weak." There is no Fact relating to this Distemper, of which I am more certain in above Thirty Years Experience, than that the Gouty Humor is never spent, nor the Obstruction removed entirely: And therefore Cold Bathing is in my Opinion a Practise so full of Hazard, so likely to exasperate the Humors by the Tumult it occasions, and to translate them Crude and Indigested upon some of the Nobler Organs, that None besides the Young in Gout as well as Years, should ever venture upon it. I know no End that it can answer, which is not to be answered both safely and effectually by the Friction and Exercise already mentioned: and whilst there is Danger on one side, and no Benefit on the other but what is attainable as well without it, a Wise Man will not need to be told what he should do.

NOTHING

NOTHING more remains now to complete the Design of this Performance, than some Useful Directions on the Important Head of DIET; without observing which, I am very Positive—and I have a Right to be so—that All other Methods, and Every Medicine, that can be thought of for the GOUT, will be of small avail: And yet this is the Article of all others in which Arthriticks most commonly err. None however I believe transgress in it at Breakfast. The Great Meal is the Time of Danger both as to Solid and Liquid Aliment: And though some Physicians have thought themselves qualified specifically to determine the Quantity and Quality of Food fit for the Gouty, yet I presume to say that such Rules are Whimsical and Fallacious. The great SYDENHAM'S Rule of Moderation, not to take in more Aliment than the Stomach can digest conveniently, nor by too much Abstinence to reject the Degree of Nourishment that is Necessary to preserve the Strength, is preferable to all the Rules of Learning and Philosophy: And though whatever is of easy Digestion, considered singly, deserves the Preference, yet He hath wisely observed, that a Regard

must be had to the Palate and Appetite : because what the Stomach covets, though of difficult Digestion, is found to digest better than what the Stomach dislikes, though it is esteemed easier. A very sensible Observation hath been also made upon this Point by BENNET ; “ that some Constitutions are very fond of the gross heavy Foods, with which they generally best agree, and most easily digest ; and a Meal that would be but a reasonable and a comfortable repast to one man, would oppress and overwhelm a second ; and if often repeated, would quite reduce a third to a Shade, and send him to his Ancestors.” In short every Man is the best Judge for himself, as to the Sort of Food which best agrees with him, and the Quantity that he can digest with Ease. But as to the White Meats, about which we have heard so much of late Years from Physical Writers, I presume the Experience of the Gouty hath not confirmed their Reputation : And if I might be allowed to make Observations of this sort, I should not scruple to say, that Smoked Meats of all kinds, are as easy of Digestion, and more Wholesome, for Gouty People than any of
them,

Essay,
 p. 12.

brisker and stronger Pulsation of the Solids upon such fresh Recruit of Spirits; and its consequence will only be, the breaking the Lentor or Viscidity of the Juices and promoting Perspiration: whereas the Other Meats, although they raise no feverish Heat, yet at the same time and for the same Reason, they afford but a very slender Supply of Spirits to the Solids, whereby their Contractions are still kept weak, and the Viscidity of the Fluids rather increased.

A RULE of SYDENHAM'S to eat but of One Dish of Animal Food at Dinner, and to make up the Meal with other Things at pleasure, is the only Particular Rule on the Head of solid Diet that will suit every Age and Constitution. But from the Statical Experiments of SANCTORIUS, it appears to be a matter of Consequence, not to change often the accustomed way of living as to the Quantity of Food, lest the Solids should be sometimes overloaded, and at other times their wonted Contractions should be disturbed. It appears also that the Body is more burdened, and the Stomach more weakened, by taking in a great deal of Aliment at One Meal, than by a
greater

greater Quantity at Three. All Flesh Suppers are forbidden upon the justest grounds; but from the same Experiments, some little Supper very light and easy, not gross nor viscid, seems very expedient; as without it, Perspiration will be hindered, both for Want of a supply of Matter, and through the Weakness of the Solids for Want of Spirits. The Fluids also will lose their due Texture and Consistence, and become thin and sharp, by which the Fibres will be too much irritated. The same Reasons conclude against leaving off Animal Food, and confining an Arthritick to Vegetables and Milk. For under such a feeble Disposition of the Solids as a Regimen of that sort creates, the Constitution is not able to digest and wear away any obstructed Matter by the natural Evacuations through the Pores; or to continue the Contractions of the Solids till the offending Matter is expelled by a Fit. To the same purpose it is observed by SYDENHAM, "that as a Milk Diet runs directly counter to the Original Cause of the GOUT, which is the Debility of the Digestions and Ferments, it doth much more Mischief in this respect, than it doth good in repressing the

Aph. 15.
Sect. 3.

Syden.
Works,
p. 490.

the Turgescence or Plenitude of the Humors : for want of attending sufficiently to this Particular, some inconsiderate Persons have fallen into gross and manifestly fatal Errors ; and by attempting to conquer the Heat and Acrimony of the Humors, have destroyed the Digestions and all the natural Functions.”

If there is any Point in which I would venture to differ in Opinion from the Immortal SYDENHAM, it is in his Prohibition of all Wine, and confining the Gouty to Small Beer, or a Liquor similar to it. I agree with him entirely, “ that Wine used by way of Common Drink is detrimental ; and not only amasses a new Collection of Matter, but actually occasions the Disease by stirring up the Cause of it, which had lain long concealed and inactive.” But as None are subject to this Disease till towards the Decline of Life, or in Hereditary Cases till they have been accustomed to drink, though Temperately, something Stronger than Small Beer, I cannot help thinking that a little Wine may be serviceable in strengthening the Digestive Powers, and that it will not inflame and agitate the
Humors ;

Humors; or to say the least of it, that it will do more good in the former respect, when taken in such a Quantity, than injury in the latter. SYDENHAM however carries his Prohibition still further, and says, “ that when the Whole Substance of the Body is in a manner degenerated into the GOUT, it cannot be conquered without a total Abstinence from all kinds of fermented Liquors how small and smooth soever they may be: in as much as all Liquors of this kind contain a pungent Spirit with some degree of Acrimony; and what is worse, being possessed of a Ferment, they dispose the Humors to a perpetual Fermentation.” The Change of the Whole Body as it were into Gouty Matter, is a State of GOUT so very wretched and inveterate, as I have never yet seen, nor heard of, as I remember, but in the late Admiral Earl BERKLEY; of whom I was told by a Gentleman of great Honour that was intimate with him, that when He was opened after his Death, his Inside was like a Bed of Chalk. In such a Case, I will not pretend to say what should, or should not, be done: but in all
the

the States of GOUT that are usually met with, three or four Glaffes of Wine of the Sorts abovementioned, or of Claret, may be taken in my opinion every day after Dinner with some Advantage: and in this I have SYDENHAM'S Authority againſt Himſelf, which makes me more affured; who tells us, in another part of his Works, "that he drank a little more than a Quarter of a Pint of Canary immediately after Dinner every Day, to promote Diſteſtion, and drive the GOUT from his Bowels." The Portugal, the Spaniſh, and Madeira Wines are too Inflammatory, and contain a great deal of the Earthy Matter which creates the GOUT: and it is accordingly very obſervable, that this Diſtemper hath increaſed Ten fold in England, ſince theſe Wines have been the Liquor, ſo much in Uſe at our Common Tables, and in Taverns. The French Wines, the Sweet, the Turkey, and our home made Smyrna or Currant Wines, are not Inflammatory, and will do no Injury but from their Quantity. When they are taken therefore in the Moderation that I have mentioned, and which ought I think to be religiously obſerved,

Syd.
Works,
p. 507.

observed, no Injury can be apprehended from the Use of Wine. But to those who have long indulged in drinking a Social Cup, and cannot bring themselves to be easy with three or four Glasses only, I would recommend a small Mead, made of two Pounds of Honey to a Gallon of Water, and a little Orange and Spices added to it in the Cask. Of this Liquor a Gouty Man may drink freely with his Friends, without the Apprehension of any Injury; and it is pleasant as well as safe. But a Man who can content himself with five or six Glasses of Liquor every day, may make it as strong again; and then it will have All the good Qualities of Wine, in comforting the Heart, promoting Circulation, and keeping up the Strength and Spirits, without any Ill Effect which Wine in that Quantity may produce. With regard to the Stone and Gravel, which are known to be very often the Companions of the Gout, no Proof I presume is necessary of the Tendency of this Liquor to be serviceable in those Complaints.

It hath been observed that Small Beer doth not agree with some Constitutions, and some People do not love it. Cold Water alone, notwithstanding the great Encomiums that have been given of it, and in Other Constitutions I believe very deservedly, yet in the Gouty, I esteem, with SYDENHAM, to be crude and pernicious; as He had found he said to his Cost. But there is Another Liquor, of which, from an Experience of almost Three Years every day, I am obliged to give the highest Character; which is the Mulsum of HIPPOCRATES, or our common Cheese Whey, made fresh every morning, and in Cold Weather drank just warm at Dinner. The famous HOFFMAN hath written a Treatise on the Virtues of Whey; and BENNET says, “ that whatever the most penetrating diluting Saponacious Fluid may be supposed to effect, Whey may justly lay a claim to. Nay he questions whether Mercury itself, That subtle and powerful Fluid, be more penetrating; to which this Advantage over Mercury may be added, that being Saponacious, after it hath penetrated into the inmost Recesses of Nature, it is better qualified

Essay,
p. 27.

lified to absterge and carry off any Obstructions or Concretions that may be lodged." The good old SYDENHAM gives us an Instance of his curing a severe Rheumatism in a Man in Years, by confining him to Whey only for the first four days, and then some white Bread with it for his Dinner for fourteen days more, towards the End of which he allowed him Bread also with it for Supper. At the End of that term, the Patient went abroad; and by living every third day on Whey for some short time longer he recovered. As many Observations in the preceding Pages have shewn the superior Sagacity and Skill of SYDENHAM, so the following Addition to the History of this Cure, is such an Evidence of his great Integrity, that I cannot omit it; especially as it is the last Time I have occasion to use his Name. "If any one should lightly esteem this Method by reason of its Plainness and Inelegance, I must tell him that Weak Minds only slight things because they are common and simple; and that I am ready to serve Mankind even at the Expence of my Reputation: And I must add, that were it

Syd.
Works,
p. 328.

not

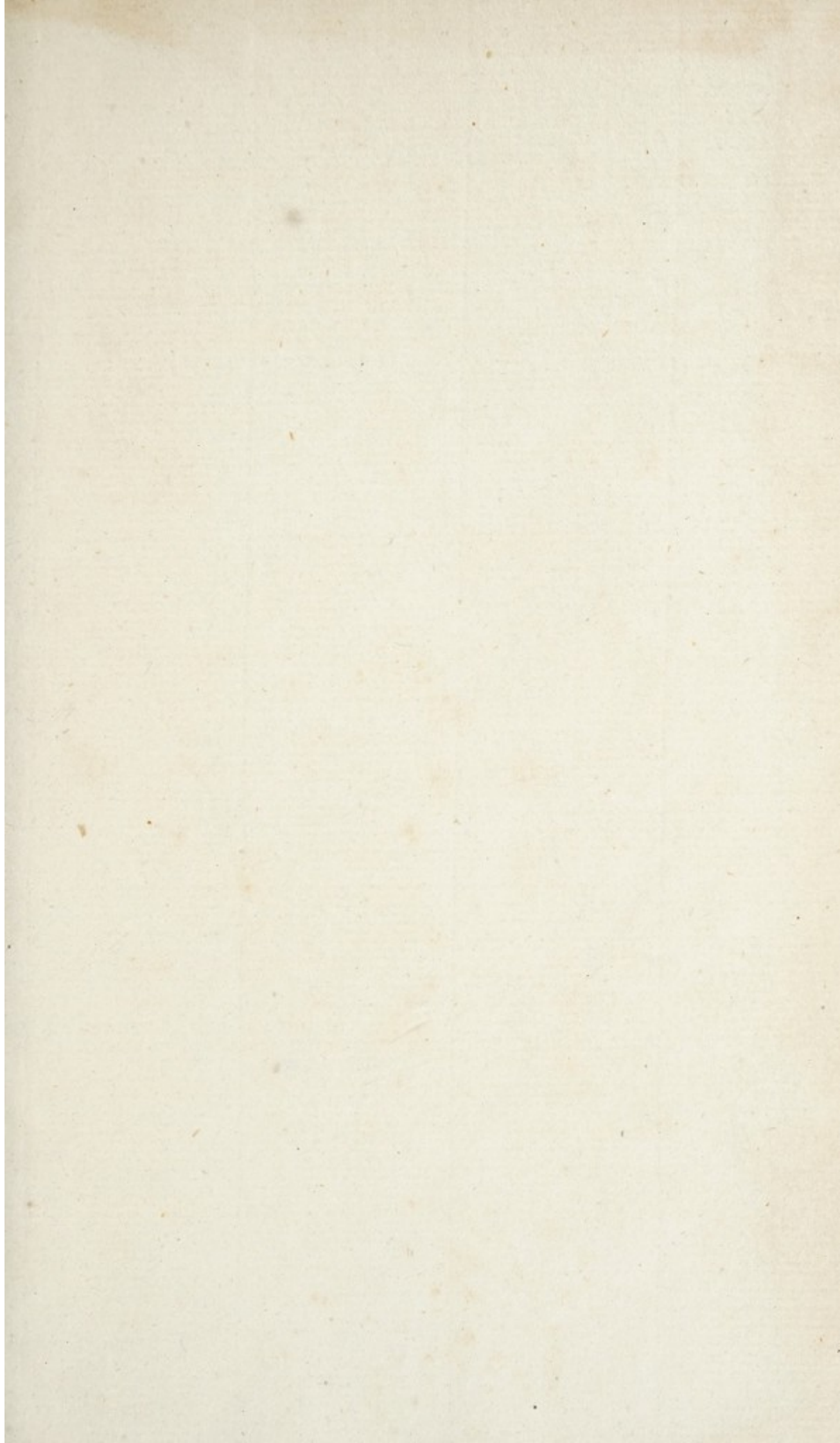
not for the Prejudice of the Vulgar, I am certain that this Method might be suited to other Diseases; and in reality would be more serviceable than the pompous Garlands of Medicines, with which such as are ready to expire are crowned, as if they were to be sacrificed like Beasts."

THE Air, Medicines, and Exercise above recommended, and eating no Meat Suppers, I had tried for a great Number of Years, with Success enough to encourage a Perseverance, but yet to do little more than to keep the Gout at a Stand, and to prevent its growing Worse; as, if left to itself, it always does. But a Reflexion on this extraordinary Cure just mentioned, induced me, about Three Years ago, to make a Quart or three Pints of Whey my common Drink every day at Dinner: at the same time, I restrained myself to One Dish of Animal Food; and though I had been always very Temperate, to Three Glasses of Wine at most in a day, many times to Two, to One, and with Dinners of very light Digestion sometimes drinking none at all. By the Blessing of
 GOD,

God, and a strict Adherence to this Regimen, and the other Particulars above specified, which are also drawn from my own Practise, the Gout that was wont to disable me for three or four Months in a Year, doth not confine me now, unless owing to Accident—like composing this ACCOUNT, or some External Hurt—above so many Weeks in a Year. In short I have no more Gout than my Constitution hath made Necessary to free me from All other Bodily Ills: and those who know me know, that few People at my Age, and who have led such a Seditary Studious Life as I have, possess a greater Share of Health and Spirits than I enjoy. Whether this Success will encourage Others to observe the Directions that are given, I cannot tell: but this I can tell, that the Less All these Directions are observed, the More will the Gout prevail; and the Greater is the Compliance with them All, the Smaller will be the Calamity of Every Gouty Man upon Earth. I have however discharged what I thought my Duty: And if any of my Fellow Creatures should be made Happy or Easy

at my Expence, I have Benevolence enough in my Nature to rejoice at it; and I am Resigned enough to the Will of Heaven, to bear with Chearfulness an Affliction which may be of Use to Myself and Others.

THE END.



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