

**An essay on diseases incidental to Europeans in hot climates. With the method of preventing their fatal consequences ... To which is added, an appendix concerning intermittent fevers. To the whole is annexed a simple and easy way to render salt water fresh, and to prevent a scarcity of provisions in long voyages at sea ... / [James Lind].**

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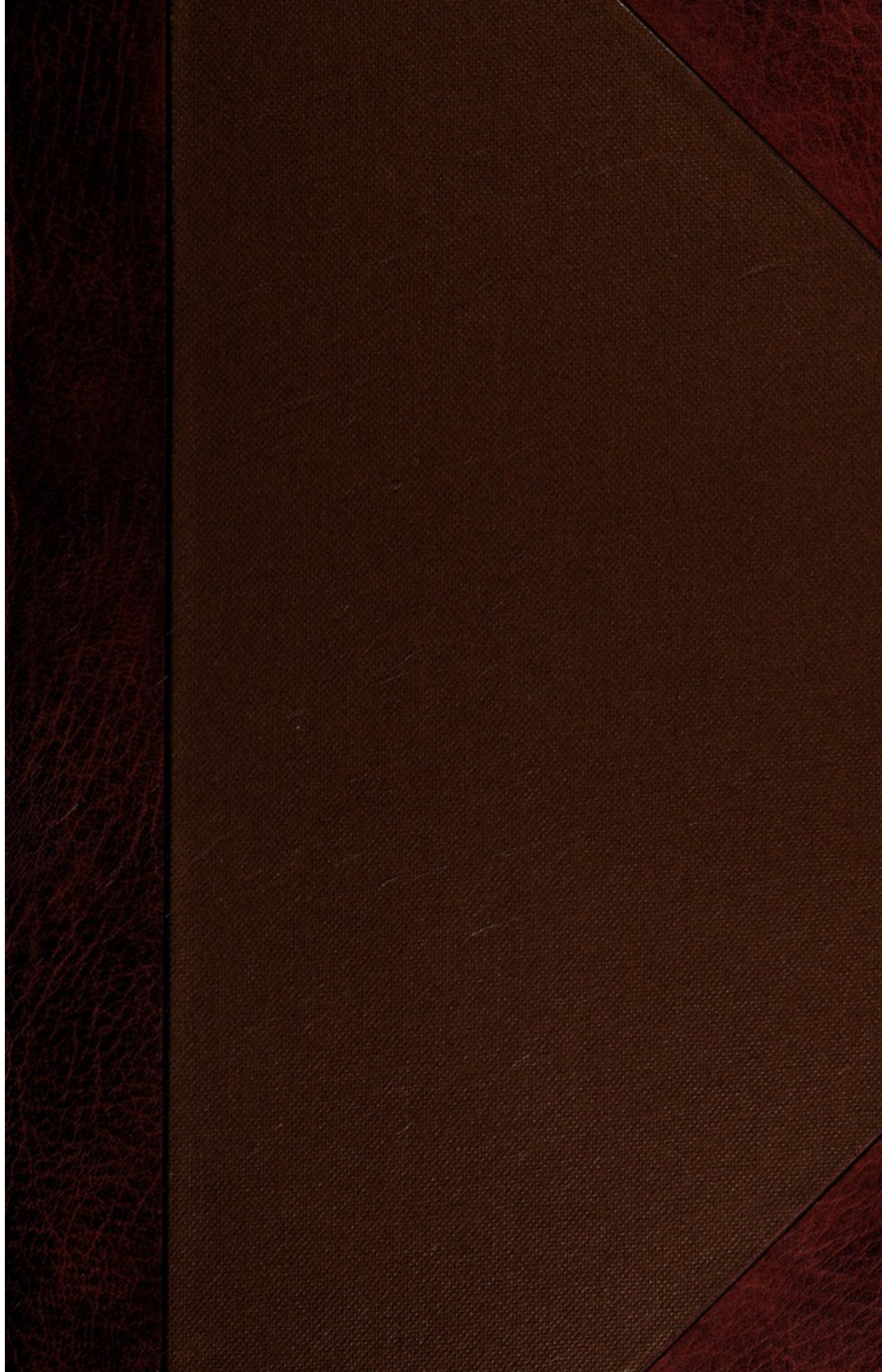
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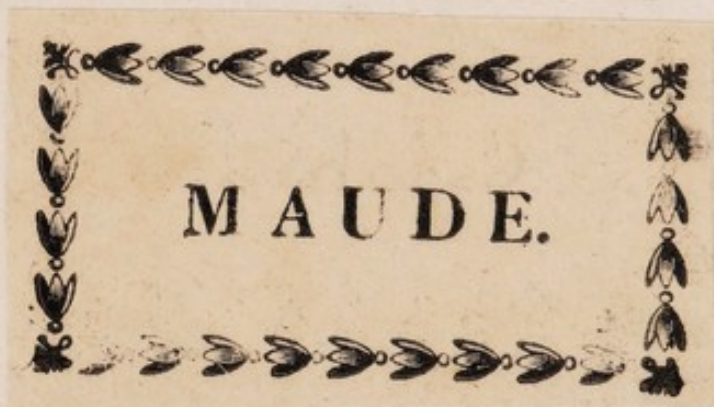




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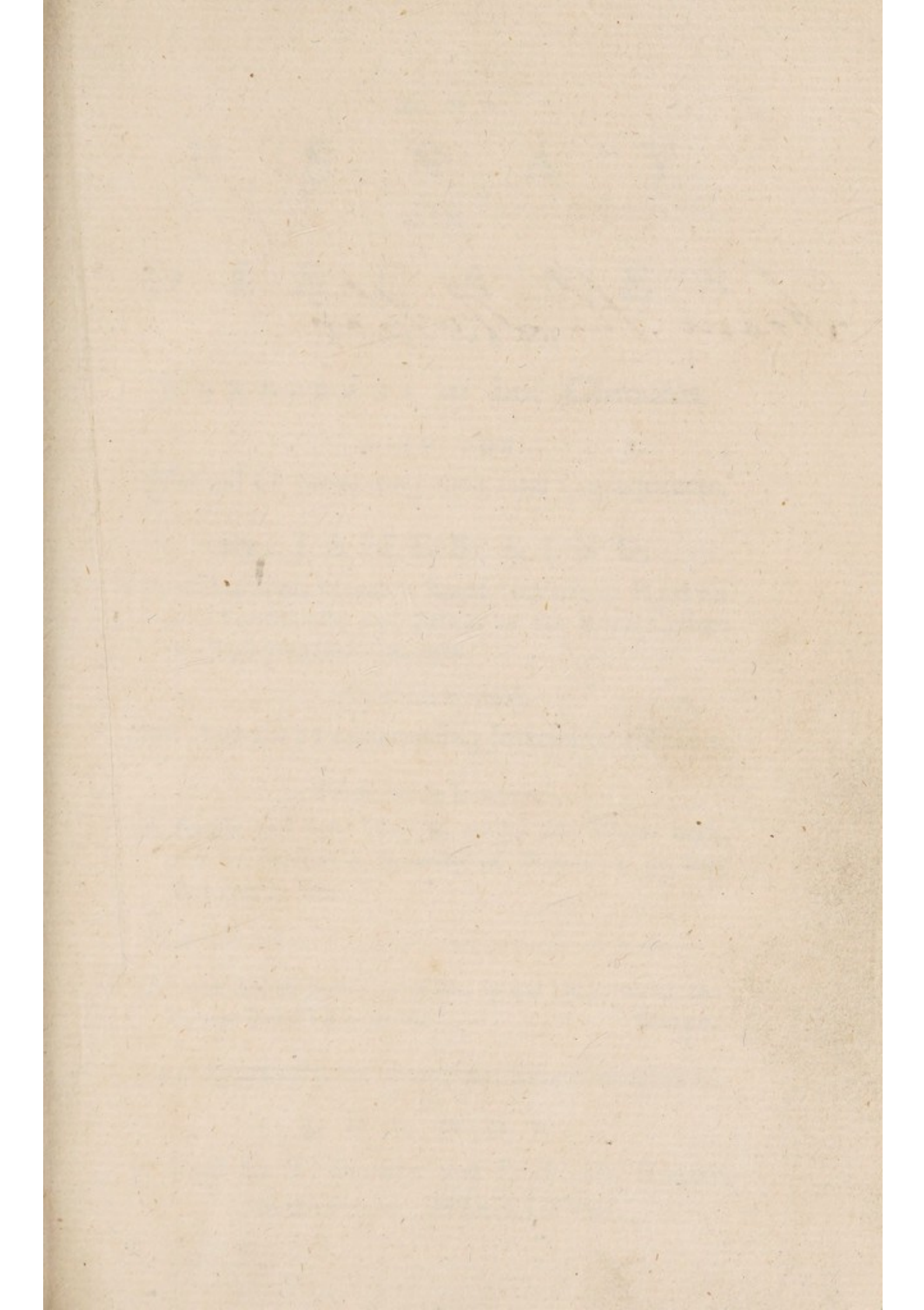














From the Author

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A N  
E S S A Y  
O N  
D I S E A S E S  
INCIDENTAL TO  
EUROPEANS in hot Climates.

WITH THE  
Method of preventing their fatal Consequences.

By JAMES LIND,  
Physician to his Majesty's Royal Hospital at HASLAR  
near Portsmouth, and Fellow of the Royal College  
of Physicians in Edinburgh.

To which is added,  
An APPENDIX concerning Intermittent Fevers.

To the whole is annexed,  
A simple and easy Way to render salt Water fresh,  
and to prevent a Scarcity of Provisions in long  
Voyages at Sea.

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*Ars quæ sanitati tuendæ præsidet, iis qui sibi paruerint constantem sanitatem promittit.*

GALEN.

---

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PHILIP STEPHENS, Esq;

SECRETARY TO THE ADMIRALTY

RESIDENT TO

ESPERANZA in hot Climate.

MY former attempts in the history of the West Indies, having been honoured with your protection and approbation, I presume to prefix your name to this work, not only as an ornament to my labour, but as a small instance of gratitude for the friendship which you have distinguished me with.

SIR,

Your most obliged, and

most obedient servant,

L O N D O N :

JAMES LIND.

T O  
PHILIP STEPHENS, Esq;  
SECRETARY to the ADMIRALTY.

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**M**Y former attempts in the literary way having been honoured with your protection and approbation, I presume to prefix your name to this work, not only as an ornament to my labour, but as a small instance of gratitude for the friendship with which you have distinguished,

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Your most obliged, and  
most obedient servant,

JAMES LIND.



T O

PHILIP STEPHENS, ESQ.

SECRETARY to the Admiralty.

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JAMES LINN.

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## INTRODUCTION.

THE following sheets are presented to the public, as a sequel to what I have already published, or rather as a conclusion of all the considerations which I formerly offered on that most important and most interesting subject, The preserving the lives of seamen, and such as undertake voyages to distant countries.

In that Essay, my attention was principally directed to the preservation of people crowded together within the narrow limits of a ship, whether seamen, soldiers or passengers.

After having supposed that these are safely landed in some foreign climate, the following precepts, in addition to those I have already given for that purpose, will, I flatter  
B myself,



## 2 INTRODUCTION.

myself, greatly contribute to preserve their health and constitutions unimpaired during their residence there.

Few persons visit either the East or the West Indies for their pleasure: but thousands leave England every year, with the design of settling in some of our colonies. Numbers have lately gone to people those parts of America and the West India Islands ceded to us by the last treaty of peace. Regiments are often sent out from England, to relieve others stationed in the most distant parts of the globe; and recruits for those regiments are still more frequently ordered abroad. This Essay is designed for the benefit of these several classes of British emigrants.

Men who thus exchange their native for a distant climate, may be considered as affected in a manner somewhat analagous to that of plants, removed into a foreign soil; where the utmost care and attention are required, to keep them in health, and inure them to their new situation; since, thus  
transf-



## INTRODUCTION. 3

transplanted, some change and alteration must happen in the constitutions of both.

Some climates are healthy and salutary to European constitutions ; as some soils are favourable to the production of European plants. But the countries beyond the limits of Europe which are chiefly frequented by Europeans, are very unhealthy, and the climate often proves fatal to them.

To shew of what high consequence it is, let us consider the unhappy fate of the first adventurers and discoverers of the southern parts of Africa, the Portuguese. They, in the 15th and 16th centuries, spread their settlements over the coast of Guinea, and a great part of India ; where they suffered more by sickness than by shipwrecks, tho' on an unknown coast, and even more than they did by their wars with the natives, and every other accident. In many places on the coast of Guinea where they were formerly settled, we can hardly trace any vestige of their posterity, but such as are of the Mulatto breed. There still indeed remains the corruption of their language,



## 4 INTRODUCTION.

under the name of *Lingua Franca*, which is the only memorial of themselves that they have left behind them.

Those first adventurers into the southern climates seem to have had no knowledge of the true cause of their sickness. They ascribed the mortality among them chiefly to their diet, which being the produce of the country, was quite new to them. They observed, that such as had the good fortune to escape a fit of sickness, or death, soon after their arrival, enjoyed afterwards a pretty good state of health; and thence they concluded, that the blood of such persons had been entirely changed by the diet of the country. Upon this erroneous principle, they adopted a most fatal method of seasoning people to these unhealthy climates.

They, by small quantities, frequently repeated, took away as much blood as they supposed to be contained in the body, and thus they reduced the patient to a state of extreme weakness.



## INTRODUCTION. 5

Supposing that this loss was immediately supplied by the food and water of the country, and that their blood was thereby composed of the same materials with that of the natives, they flattered themselves that they should afterwards possess constitutions equally calculated to bear the inconveniences of the climate.

Their absolute ignorance of the true causes of sickness in those climates, appears likewise from the bad situation of the places upon which they pitched their settlements.

Thus, upon the first discovery of the Cape de Verd Islands, the Portuguese proposed that the capital of all their dominions in the northern parts of Guinea should be placed in one of those islands. For this purpose, they fixed upon Saint Jago, the most unhealthy of them all, and, as hath since clearly appeared, they founded their capital upon even the most unhealthy spot of that island. Then, as if the natural evils of the situation and climate had not been sufficient, they added to them, by having



## 6 INTRODUCTION.

wet ditches in their neighbourhood, the waters of which were perpetually stagnant. The great destruction which has befallen the Portuguese at that place, affords a most striking and melancholy instance of their error.

That the vegetable productions of unhealthy climates are the cause of sickness incident to strangers, has been a very general opinion : as I have in another work observed \*, that when Prince Eugene commanded in Hungary, in order to avoid the sickness of that country, all the provisions for his table were sent him from Germany.

But the vegetable productions cannot be the causes of sickness in such climates, for two reasons :

First, Because rice, millet, Indian corn, and other productions of the most unhealthy countries, are eat safely, when brought from thence to other places.

\* Essay on preserving seamen, page 57.

Secondly,



## INTRODUCTION. 7

Secondly, Because the use even of the European products for diet does not preserve from sickness, in such situations.

Further, the drinking of bad water has been highly blamed. Unwholesome water will certainly produce fluxes, and some other diseases. But whenever this is the sole cause, the diseases will be uniform, at all seasons of the year; and the use of good water will effectually prevent them: neither of which, upon experience, we find to be the case in the countries of which we treat.

Lastly, the irregularities of many young and thoughtless people who go to the East or West Indies, have been assigned as the principal causes of their sickness and death: thus it is often said, that they fall a sacrifice, not to the air of the country, but to their own debauchery. For if those who are newly arrived at Jamaica, drink immoderately of hot new-distilled rum, they will unavoidably fall into a violent fever: if they commit any excess in eating fruits, they will have a flux: or if they load their stomach with indigestible food, they will have a cho-



## 8 INTRODUCTION.

lera morbus, or a vomiting, which may carry them off in a few hours. But it is equally certain, that the most abstemious and temperate persons often die soon in unhealthy countries, as well as the irregular and debauched.

Upon the whole, it appears, that violent exercises, excessive drinking, and every species of intemperance, dispose the constitution, more especially in hot climates, to the attack of the epidemic diseases of the country: but then they are no other than predisposing causes; the *causa proxima*, or the immediate cause of the epidemic diseases in those countries being very different.

The recent examples of the great mortality in hot climates, ought to draw the attention of all the commercial nations of Europe towards the important object of preserving the health of their countrymen, whose business carries them beyond seas. It is found that sickly or unhealthy settlements require a constant supply of people, and of course drain their mother-country of an incredible number of its inhabitants,  
and



## INTRODUCTION. 9

and some of those too its most useful individuals. Of this the Spanish dominions abroad have furnished us with striking proofs: and even at this day, many Spanish merchants, adventurers and others, who yearly take their departure from Europe, die at Porto-bello or Carthagena, soon after their landing.

The Dutch settlements at Surinam, St. Eustatia, and Curacoa, and in several places of India, have proved as fatal to the Hollanders, as the islands of Martinico, St. Domingo, and lately the climate of Cayenne, have done to the French settlers.

Great Britain itself has its *Jamaica*; where the number of English sacrificed to the climate is hardly credible, and only to be guessed at from the common computation, that this island buried to the amount of the whole number of its white inhabitants once in five years, until lately, that it has become more healthy,

It is now a well known and most certain truth, that of such Europeans as have fallen  
victims



## 10 INTRODUCTION.

victims to the intemperature of foreign climates, nineteen in twenty have been cut off by fevers and fluxes : these being the prevailing and fatal maladies in unhealthy countries in all parts of the world ; as will appear by a survey we are now to enter upon, of the various regions of the globe, and of the diseases peculiar to them.

In my *Essay on preserving seamen* †, I have said, that a malignant fever, of the remitting or intermitting kind, most frequently a double tertian, is the genuine produce of heat and moisture, is the autumnal fever of all hot countries, and is the epidemic disease between the tropics. To which I may add, that it is also the disease most fatal to Europeans, in all hot and unhealthy climates.

Of this sickness I am first to treat, and shall attempt to give a clear and distinct view of its various symptoms and appearances, in most parts of the known world ; together with the influence of the climates,

† Page 49. the 2d edition.



## INTRODUCTION. 11

seasons, and various other incidents upon it ; in order to ascertain the most effectual methods of preventing its attack.

But before we proceed, it will be necessary, for the sake of greater perspicuity, to give an explanation of the common terms, or appellations, by which the different fevers we shall have occasion to mention have been distinguished, and in what sense they are here to be understood.

The antient Greek and Roman physicians denominated it an Ephemera, or Day-fever, when a fever, proceeding from violent exercise, drunkenness, or the like causes, attacked a person in health ; and after continuing only twenty-fours, unattended with any bad symptoms, left the patient in as perfect health as before its attack. But if it continued longer than twenty-four hours, without an intermission, and still unaccompanied with violent or dangerous symptoms, they then called it, a mild, continual fever ; or a Synochus non putris : and the most simple idea we can conceive of this fever, is an increased velocity of the circulation of the blood,



blood, without any remarkable diseased condition of the fluids, or of the solids of the body.

They, on the other hand, termed the fever *Synochus putris*, or a continual putrid fever, when the blood, or other humours of the body, were found to be in a morbid state, and the bowels perhaps affected; the symptoms being then likewise more violent or dangerous. And those appearances, or symptoms, might either shew themselves upon the patients being first attacked, when the fever was then known to be putrid; or they might appear after a *Synochus non putris* had continued for some days, when it was then said to have changed its nature, and to become a *Synochus putris*.

Besides these, the antients assigned various other names to fevers, according to their different symptoms. Thus the *CAUSUS*, or ardent fever, was so denominated, from a violent scorching heat of the body, accompanied with intolerable thirst, dryness of the skin, mouth, tongue, &c. This ardent fever being most acute in its nature, often  
destroyed



destroyed the patient on the third or fourth day from its attack, and (if the true *causus*) seldom continued longer than the seventh day. It may be here proper to observe, that the *antients* do not seem to have understood by the term *putrid*, when applied to a fever, that kind of putrefaction which a dead body naturally undergoes. I am inclined to believe, that they derived the appellation, and their theory of the *putrid fever*, from the philosophy of Aristotle, who in one of his problems asserts, "*Omnia quæ putrescunt calidiora fiunt.*" And hence the distinguishing characteristic of the *putrid fever* was, a sensation remarkably pungent and disagreeable, on touching the patient's skin.

Some modern writers have endeavoured to class continual fevers under the three denominations of the inflammatory, the slow nervous, and the *putrid* or malignant fever.

The first may be supposed to attend all inflammations, particularly of the membranes of the body; and to have for its in-



separable symptoms, a full, quick, and sometimes an hard or oppressed pulse.

In the nervous fever the pulse is supposed to be much lower, and not so full, or hard; and while it is accompanied with but few symptoms of a violent inflammation, the nerves and brain seem principally affected.

Lastly, as to the putrid or malignant fever, I have already shewn, whence the epithet of putrid came first to be assigned to fevers: it is often here used to characterize a low fever, attended with very dangerous symptoms, and in contra-distinction to the inflammatory fever.

A malignant fever is sometimes understood to denote a fever produced from a violent contagion; but more properly, a fever accompanied with uncommon, violent and dangerous symptoms. In like manner, when the small-pox has only its proper and favourable symptoms, we call it a mild small-pox; and on the contrary, when accompanied with purple spots, bloody urine, delirium, &c. we say it is a malignant small-pox.



pox. A disease or fever is also said to be malignant, when it makes its first attack with violent and dangerous or mortal symptoms; in which sense that epithet is often used in the following sheets.

Fevers are perhaps with much more propriety classed into intermitting, remitting, or continual. An intermitting fever is supposed to leave the patient perfectly free from all symptoms of the fever during its absence or intermission. A remitting fever is supposed to have irregular or imperfect intermissions; and a continual fever to have no perceptible intermissions.

Now each of these fevers, whether intermitting, remitting, or continual, may be either attended with the usual and gentle symptoms, or they may be accompanied with violent, dangerous and fatal symptoms, and hence they may be denominated malignant fevers.

Again, in all of those three kinds, if the bile, either pure or mixed, be copiously or frequently evacuated, by vomit or stool, the  
fever



## 16 INTRODUCTION.

fever is said to be bilious ; and there is sometimes a pain, attendant on that evacuation, felt on the seat of the liver.

A yellow colour of the skin is observed not only in common agues, or intermittents, but frequently also in other fevers: sometimes denoting, as in contagious fevers, their malignant nature ; at other times, as in some West Indian fevers, an universal dissolution of the blood and humours ; and frequently this symptom accompanies gentle discharges of the bile, and a diseased liver.

Intermitting fevers are called quotidian, or tertian, according as they renew their attack every day, or every other day ; and the term double tertian, as made use of in the general sense of these sheets, signifies that the patient has two fits, one commonly slighter, the other more severe, in the space of 48 hours.

I am sensible these definitions of fevers are liable to objections, but they will at least explain the scientific terms used in this publica-



publication, in the sense I wish them to be understood †.

For though a fever is so frequent and common a disease, yet there is, perhaps, no one whatever so difficult to characterize and define by infallible criteria.

An increased velocity of the circulating blood has been supposed to constitute the very nature and essence of a fever. But in some fevers, of which we shall have occasion to treat, the pulse often gives no proof, no certain criterion of its nature, or indication of danger in the disease. And it is my opinion, that a fever can no otherwise be defined, than as an indisposition of the body, attended commonly with an increase of its heat, a thirst, often a head-ach, and oftener a remarkable quickness of the pulse; or at least a great change from its natural state; accompanied, for the most part, with various other symptoms of distress; and which in a few days, will certainly terminate, either

† The term Epidemic signifies the universality of a disease; Endemic its <sup>constancy</sup> ~~contrary~~, in a particular place; and Sporadic, its less frequent appearance.



in a recovery, a remission, or the death of the patient.

These things being thus necessarily explained and defined, we have nothing further to premise to this little treatise, but a suggestion of our fears—That an inexperience of foreign countries, and an ignorance of the true causes of their sickness, prove as fatal to Europeans, as the malignant disposition of the most unwholesome climate.

---

A D V I C E  
T O  
E U R O P E A N S.

---

P A R T I.

Diseases incidental to strangers in  
different parts of the world.

---

C H A P. I.

Diseases in Europe and North America.

---

S E C T. I.

*An unhealthy season in England in the year  
1765. Of the most unwholsome seasons in the  
Netherlands, Hungary, Campania of Rome,  
the Island of Sardinia.*

**W**E shall begin our observations with  
the effects of heat and moisture in  
England.

The years 1765 and 1766 were distin-  
guished by an uncommon appearance of



intermitting and remitting fevers, in most parts of England. One obvious cause was, the unusual frequency of the easterly wind.

An east-wind in England is said often to bring with it a fog from the sea: but the truth of the matter is, that this wind, in many places of the island, frequently raises a copious vapour from water, mud, and all marshy or damp places.

I do not remember to have met with any observations made on this exhaling quality of the easterly wind: though I have been an eye-witness of it. When the wind changes to the east, the mud sometimes sends up a vapour, as thick as smoke; and there are two fish-ponds in my neighbourhood, one of fresh, the other of salt water, which, upon the approach of an easterly wind, do sometimes also emit a dense vapour, as from a pot of boiling water.

In order to view this phenomenon distinctly, the person should stand sheltered from the wind by a high wall, at about 100 yards distant



distant from the mud or ponds. If the sun shines, when the wind changes to the east, he will observe a constant stream of vapours rising out of the ponds, from about five to ten yards heighth, while the air about him remains serene. As the vapour or fog arising from other places glides along the surface of the earth, and is brought by the easterly wind to the ponds, he will still be able, for some time, to distinguish the vapours ascending perpendicularly out of the ponds, from those which are carried in an horizontal direction by the wind; especially if the sun continues to shine, though faintly.

This evaporating quality of an east wind seems to manifest itself also by its effects, both on the thermometer and the human body: for a thermometer, hung over a damp piece of ground, during the fogs or exhalations arising from it, will often indicate a degree of cold below the freezing point, which I should think can only be produced by a watery evaporation.

The chillness of the body, so sensibly perceived when in this situation, seems to me



to proceed from the same cause, and to produce nearly the same sensations, which the damp arising from the wet floor in a chamber communicates to those who happen to continue in it whilst it is in that humid state.

But winds are not constant in their effects: as we have sometimes warm weather with a north wind, and sometimes very little heat with a wind from the south, so the fogs attending an east wind are not constant; neither is the evaporation which we have mentioned at all times to be perceived.

I am perfectly sensible that there may be a deception in these matters, as the cold or condensing quality of an easterly wind may be supposed to render the vapours in the air visible at that time. But even this supposition is liable to great objections, as our coldest north winds seldom or never produce such an effect, but are commonly attended by serene dry weather.

But let that be as it will, an east-wind is always accompanied by a cold damp, and unwholesome vapour, which is observed to  
affect



mitting affect both animal and vegetable health, and in many places to give rise and obstinacy to fevers, as also to produce frequent relapses.

In particular spots of the low damp island of Portsea, the ague, the fever, and sometimes the flux, prevail, during the autumnal season; and in some years are much more frequent and violent than in others. It is observable, that their attack proves always most severe to strangers, or those who have formerly lived on a drier soil, and a more elevated situation.

The year 1765 was remarkable, not only for the long continuance of easterly winds, but also for an excessive degree of heat, which produced a more violent and general rage of those diseases, than had been known for many years. During the months of May, June, and July, we had seldom fewer at Haslar-hospital than thirty or forty patients, labouring under regular Tertian agues, with perfect intermissions. Of these some were seized with it, on board the guard-ships that lay in the harbour near the mud, but the



greatest number were of those marines who did duty at Portsmouth.

In the month of August the quicksilver in Farenheit's thermometer, often rose to eighty-two degrees in the middle of the day. This considerable addition of heat, together with the want of refreshing rains, greatly spread this fever, increased its violence, and in many places changed its form. At Portsmouth, and throughout almost the whole island of Portsea, an alarming continual, or remitting fever, raged, which extended itself even as far as Chichester. At the same time the town of Gosport, though distant only one mile from Portsmouth, enjoyed an almost total exemption from sickness of every kind; whereas in the neighbouring villages, hamlets, and farm-houses, a mild regular Tertian ague distressed whole families. The violence of the fever, with its appearances in a continued remitting or intermitting form, marked, as it were, the nature of the soil. In Portsmouth its symptoms were bad, worse at Kingston, and still more dangerous



and violent at a place called Halfway-house \*. In the large suburbs of Portsmouth, called the Common, it seemed to rage with more violence than in the town, some parts excepted; but even whole streets of this suburb, together with the houses in the Dockyard, escaped its attack.

The marines, who were three times a week exercised early in the morning on South-Sea Beach, from the effect of the stagnant water of an adjoining morass, suffered much.

Half a dozen of them at a time were frequently taken ill in their ranks, when under arms; some being seized with such a giddiness in the head, that they could scarcely stand, while others fell down speechless; and upon recovering their senses, complained of a violent head-ach.

\* A street so called, about half a mile from Portsmouth, where scarcely one in a family escaped this fever, which generally made its first attack with a delirium. The situation of those houses is so remarkably bad and damp, that the inhabitants are almost constantly afflicted with agues and fevers,

When



When such patients were received into the hospital, I observed that some few had a regular ague, but that far the greater number laboured under a remitting fever, with imperfect intermissions, though sometimes, indeed, there was no perceptible remission for several days. A constant pain and giddiness of the head were the most inseparable and distressing symptoms of this disease. Some were delirious, and a few vomited up a quantity of bile, but in all, the countenance was yellow.

A long continuance of the fever produced either a dropsy or a jaundice, or both; even a slight attack reduced the most robust constitution to a state of extreme debility, and this weakness, together with the giddiness, continued long after the fever was gone.

A scabby eruption now and then made its appearance on the lips, and the corners of the mouth: but dry itchy spots, over the whole body, resembling much the common itch, and seeming to partake somewhat of the nature of that disease, were more frequently observed in several patients at Portsmouth, where



where there was not the least reason to suspect any infection.

The universality of this fever, together with its uncommon symptoms, were at first alarming; but when the lancet was withheld, and the bark plentifully given, in large dozes, few died \*. It decreased with the heat of the weather, and in the winter appeared chiefly in the form of a quartan ague. But I shall have occasion to make further mention of it in another place.

This much may here suffice for a brief description of that autumnal fever of Great Britain, which in its utmost violence prevail-

\* When the head-ach or giddiness were very violent, and the pulse neither full nor strong, I ordered a blister to the back, and endeavoured to reduce the fever into an intermitting form, by giving half a grain of tartar emetic, with a few grains of nitre every six hours.

Thus a perfect intermission was often obtained, and the bark was then administered without delay. Vomits were useful, as was also the tinctura sacra given as a purgative during the remissions. A blister to the back seldom failed to relieve the violent head-ach, which afflicted the patients during the remissions of this fever.

ed,



ed, not only in Hampshire, but in many other parts of this island, and which seemed to have been produced this year, by the unusual and excessive heat of the summer, together with an undiluted putrid moisture in the soil, and the long duration of easterly winds.

Let us now pass over to the continent, and take a view of the state of diseases in other parts of Europe at this period. In the Low Countries, particularly Zealand, the most obstinate diseases of this kind frequently rage, and do particularly distress strangers.

Doctor Wind, in his translation into Dutch of my Essay on preserving Seamen \*, has, among other judicious remarks, the following observations relative to what I have there said of tertian fevers.

He observes, “ that at Middleburgh, the  
“ capital of West Zealand, where his fa-  
“ ther and himself had practised twenty-  
“ eight years, a sickness generally reigns  
“ towards the latter end of August, or the  
“ beginning of September, which is always  
“ most violent after hot summers.

\* *Anmerkingeng. Anmerking XI.*



“ It makes its appearance after the rains,  
“ which generally fall in the latter end of  
“ July ; the sooner it begins the longer it  
“ continues, being checked only by the  
“ coldness of the weather.

“ Towards the end of August, and the  
“ beginning of September, it is a continual  
“ burning fever, attended with a vomiting  
“ of bile, which is called the gall-sickness.  
“ This fever, after continuing three or four  
“ days, intermits, assumes the form of a  
“ double tertian, and leaves the patient in  
“ a fortnight, or perhaps sooner ; stran-  
“ gers, who have been accustomed to  
“ breathe a dry pure air, do not recover so  
“ quickly.

“ Foreigners in indigent circumstances,  
“ such as the Scotch and German soldiers,  
“ who are garrisoned in the adjacent places,  
“ are apt, after those fevers, to have a swell-  
“ ing in their legs, and a dropsy ; of which  
“ distempers many die.

“ Fluxes are frequent in September and  
“ October ; towards the latter end of which  
“ indeed



“ indeed the air becomes more healthy, and  
“ then few diseases prevail. At this time,  
“ those who have laboured under the fever  
“ sometimes suffer a relapse; but then it is  
“ into a simple tertian, which seldom con-  
“ fines the patient.”

The Doctor further observes, “ That  
“ those diseases are the same with the double  
“ tertian fevers, common between the tro-  
“ pics. Such,” says he, “ as are seized  
“ with the gall-sickness, have, at first, some  
“ flushes of heat over the body, a loss of  
“ appetite, a white foul tongue, a yellow  
“ tinge in the eyes, and a pale colour in the  
“ lips. An emetic, administered before the  
“ gall-disease appears, is serviceable. Bleed-  
“ ing is seldom requisite, unless in persons  
“ of a plethoric habit. The gall-sickness is  
“ removed chiefly by cooling medicines;  
“ but, in October, the tertian agues cannot  
“ be cured without the bark.

“ Such as live well, drink wine, and have  
“ warm cloathing and good lodgings, during  
“ the sickly season, do not suffer so much  
“ as the poor people: however those diseases  
“ are



“ are not infectious, and seldom prove mortal to the natives.”

It would greatly exceed the intended length of this essay, should I attempt to enumerate such similar diseases as prevail annually in various other countries of Europe during the autumn. I have elsewhere had occasion to mention the epidemical distempers which rage in Hungary, and in the Campania of Rome, during the months of July, August and September. The former, on account of its insalubrity, has been, with propriety, termed the grave of the Germans; and with regard to the latter, Lancisus, physician to pope Clement the XIth, furnishes us with a very striking proof of the malignant quality of its air.

Lancisus relates, that thirty gentlemen and ladies of the first rank and distinction in Rome, having made an excursion, upon a party of pleasure, towards the mouth of the Tyber, upon the wind suddenly shifting, and blowing from the south over the putrid marshes, twenty-nine were immediately seized



seized with a tertian fever, one only escaping.

But before we leave Europe, it may be worth while to take a view of such diseases as prevail in some unhealthy spots of its most southern parts, where the heat of the weather may be supposed to have great influence. For this purpose, the island of Sardinia shall be selected; of the diseases of which I do not remember to have met with any printed account.

This island is annually visited with an epidemical sickness, which rages from June to September, and is called by the natives the Intemperies. In some summers, there is a want of rain for four or five months; and then it is that this sickness exerts its utmost violence, being always more fatal in some places than in others, and particularly so to strangers. Of this the English had lately a very severe proof.—In the month of August, 1758, Admiral Broderick, in the Prince ship of war, anchored in the Bay of Oristane, where 27 of his men, sent ashore  
on



on duty, were seized with the epidemical distemper of this island; twelve of them in particular, who had slept on shore, were brought on board delirious.

All of them in general laboured under a low fever, attended with great oppression on the breast, and at the pit of the stomach; a constant reaching, and sometimes a vomiting of bile; upon which a delirium often ensued. Those fevers changed into double tertians, and afterwards terminated in obstinate quartan agues.

The prior of a convent making a visit to the English officers, informed them,—That the intemperies of the island was a remitting or intermitting fever, that he himself had suffered several attacks of it, and had taken large quantities of the bark and snake-root, but had always reaped the greatest benefit from a change of air.

He further observed, that during those sickly months, persons of rank left their country seats, and resided in cities; while many poor people, in some particular parts



of the island, who could not afford to take that precaution, were annually cut off by this epidemical sickness. The remedy used by the peasants is an emetic, administered immediately upon the first attack of the disease: this they prepare for themselves by quenching some pieces of glass, heated in the fire, in a weak wine; which, thus medicated, first acts as a vomit, and afterwards produces a copious sweat.

Sardinia was formerly so remarkable for its unwholesome air, that the Romans used to banish their criminals thither; and it is at present but thinly peopled, owing to the frequent mortality occasioned by this annual sickness: for although it is about 140 miles long, and in several places 75 broad, yet it is computed, that the whole of its inhabitants does not exceed 250,000; an inconsiderable number, when compared with the inhabitants of the lesser, but more pleasant and healthful island of Corsica, in its neighbourhood.

It is worthy of remark, that in the English ship, which at this time lay only two miles



Chap. I. *different Parts of North America.* 35

miles distant from the land, none were taken ill but such as had been on shore, of whom seven died.

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S E C T. II.

*The climate of Canada, Newfoundland, Halifax, New England, Maryland and Virginia. Seasons of sickness in South Carolina, Georgia and Florida. Of Mobile and Pensacola.*

LET us now pass over to America, and observe the various diseases which attack strangers in that part of the globe. We shall begin with the more northern parts of that continent.

Since the extensive country of Canada has been in the possession of the English, our troops and settlers there have been remarkably healthy, if we except the great mortality occasioned by the scurvy, in the winter of the year 1759.



A surgeon, who practised long in different places of that country, and especially at Quebec, informs me, that true pleurifies, and other inflammatory disorders, were the genuine produce of the cold air of that climate; but that low, bilious and intermitting fevers were scarcely ever known there.

The surprisingly healthy state of the ships companies who annually visit the banks of Newfoundland, and the long-continued health enjoyed by those who pass the winter at Halifax, are proofs that an intense degree of cold, properly guarded against, produces but few diseases, and scarcely ever the fevers which are the subject of this treatise. It is a constant observation, that the men belonging to the Newfoundland fleet return every autumn to England, with much more healthy, and much more robust constitutions than when they left it.

The climate of New England is similar to that of Great Britain. But travelling to the southward, in Maryland or Virginia, where the heats are greater, and the soil more moist,



moist, especially on lands not cleared, we find agues, fevers and fluxes very distressing to strangers ; though the natives in general are healthy and long lived.

In the latitude of South Carolina, we find these diseases much more obstinate, acute and violent. In that colony, especially during the growth of the rice, in the months of July and August, the fevers which attack strangers are very anomalous, not remitting or intermitting soon, but partaking much of the nature of those distempers which are so fatal to the newly arrived Europeans in West Indian climates. The same may be said of Georgia and East Florida, during those two months ; but in West Florida, the diseases of strangers approach still nearer to those of our West Indian islands.

At Pensacola, where the soil is sandy, and quite barren, the English have suffered much by sickness : some, for want of vegetables, died of the scurvy ; but a far greater part of fevers. The excessive heat of the weather has sometimes produced in this place a mor-



tal sickness, similar to that which in the West Indies goes under the name of the yellow fever: this, in the year 1765, proved very fatal to a regiment of soldiers sent from England, unseasoned to such climates, from the unfortunate circumstance of their being landed there in the height of the sickly season. This sickness raged chiefly in the fort, where the air in the soldiers barracks, which were sheltered from the sea breeze by the walls of the fort, was extremely sultry and unhealthy.

It is worthy of remark, that during the fatal rage of this fever at Pensacola, such as lived on board the ships in the harbour escaped it. Pensacola is however of late esteemed more healthy than Mobile, where intermitting fevers prevail in the months of July, August, and September. For which fevers, both in this and our other American colonies, we shall in general observe, that the bark has been found a sovereign remedy, and ought to be administered on the first remission of the fever, as on its early administration will greatly depend the preservation of the patient's constitution.

Having



**Chap. I. *different Parts of North America.* 39**

Having now advanced near the tropic, before we proceed to describe the diseases in the West Indies, it will best suit the purpose of this essay, and serve more fully to illustrate the nature of those maladies, that we direct our course to Africa, and afterwards extend our relation to India, reserving the account of such as afflict strangers in the West Indies to the latter part of these sheets.



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C H A P. II.Diseases in Africa.

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## S E C T. I.

*Algiers, Tunis, Tripoli, Morocco, Egypt.*

THE state of good health commonly enjoyed by the subjects of almost all European nations, who live in a state of slavery, in the kingdoms of Algiers, Tunis, and Tripoli, and in the empire of Morocco, leaves us no room to doubt of the salubrity of the northern parts of Africa. Even the most southern districts in the empire of Morocco are far from being unhealthy; Europeans there not only living to a great age, but commonly enjoying good health. The healthfulness of that climate clearly appeared from the unimpaired constitutions and healthful countenances of the late crew of his Majesty's ship *Litchfield*, of 50 guns, who,



who, in the year 1758, were shipwrecked on that coast, and after remaining at Morocco upwards of 17 months, returned to England in perfect health.

We must not however include Egypt among the number of the kingdoms in Africa, where Europeans enjoy such perfect health. The lower part of this country being rendered unwholesome by the annual inundation of the Nile, and being surrounded on three sides by large and extensive deserts of sand, is thereby exposed to the effects of that noisome vapour, which, during the summer months, arises from sultry hot sand. The diseases produced from these causes †, are

† Some writers who have attempted to account for the origin and cause of the true plague in this country, do not seem to have been well acquainted with the nature of the winds and seasons in Egypt. Was it not for the inundation of the Nile, this country, in all probability, would have been rendered uninhabitable during the summer months, not on account of the filth of Grand Cairo; but for another reason, viz. the hot winds from the deserts, which often begin here in the middle of April, and continue to blow for 30 or 40 days.



are confined to certain months, beginning in May, and commonly ceasing in September. It is during these months, but especially towards the latter end of summer, that strangers are apt to be seized with bilious disorders, fluxes, and fevers \*, similar to those in the southern parts of Africa, of which we are next to treat.

days. The heavy dews which then fall in the night, serve in some measure to refresh the air : but when, by the increasing heat of the summer, the Samiel winds have acquired a pestilential violence, and a killing quality, then a sheet of water is by the hand of Providence spread over Egypt.

\* See Prosper Alpinus, Thevenot, Bruin, Paul Lucas, and others who have given accounts of Egypt.



S E C T. II.

*Coast of Guinea. Its soil. Periodical rains. Its heat measured. Its healthy and sickly seasons. Surprizing effects of the harmattans. Comparative degrees of health in the different European settlements on this coast. The diseases which attack Europeans in Guinea. The waters of the country examined. A proposal to prevent the Guinea worm. Whence the violence and mortality of diseases in Guinea. A journal kept in a voyage to Catchcou. Medical directions.*

AFTER passing the great river Senegal, we come to Negroeland, or what is commonly called Guinea. The inland parts of this country, except where the course of a few rivers has conducted the Europeans, are little known to us, being visited by no Christian travellers but the Armenians.

They are the greatest travellers in the world, and the only people known to have lately visited the inland parts of Ethiopia, merely out of curiosity: but as they have published no relations of that country, Eu-



rope has reaped very little benefit by their travels. Several of them have made their appearance at Cape Corso Castle, after having travelled through the Upper Egypt and Nubia, quite across the whole continent of Africa; but for want of knowing the European languages, they could not make themselves understood, farther than by the draughts they had made of several large cities through which they passed.

To these at a distance, this wide extended coast appears in most places to be a flat country, covered with low-suspended clouds. Upon a nearer approach, there are generally perceived heavy dews, which fall in the night, and the land is every morning and evening wrapped up in a fog. Upon examining the face of the country, it is found clothed with a pleasant and perpetual verdure, but altogether uncultivated, excepting a few spots, which are generally surrounded with forests or thickets of trees, impenetrable to refreshing breezes, and fit only for the resort of wild beasts.

The soil, like all other low lands, is either marshy, or watered with rivers or rivulets,



vulets, whose swampy and oozy banks are over-run with sedges, mangroves, and the most noxious weeds, on which there is a quantity of slime and filth, that sends forth an intolerable stench, especially towards the evening.

The sun, during its proximity to the zenith, in this place, as in all others betwixt the tropics, is attended with heavy and continual rains. These rains assuage the insufferable heat, and allay the pestiferous vapours, which in all probability might, in many places between the tropics, arise from the earth, but particularly from the sands, and by the powerful influence of a vertical sun, might become destructive to animal life. It appears by a late observation, that at Senegal, the most northern extremity of Guinea, in December 1763, the heat was 93 degrees, when measured by Farenheit's thermometer, and 98 at Sierra Leona, when the sun had made its most distant retreat from those places. Hence we may in some measure judge what might be the effects of the perpendicular rays of a vertical sun, if those countries were not, during the time, sheltered from their influence, by a thick clouded



clouded atmosphere, and an almost incessant rain. All tropical countries have, properly speaking, only two seasons, the wet and the dry; the former being commonly of about four months continuance, and the season of sickness; whereas, for many months in the dry season, most parts of this country are equally healthy and pleasant with any in the world †.

In

† There are many difficulties which occur in assigning a satisfactory reason, why in some countries, as in those between the tropics, heavy and continual rains should produce sickness, while in other places, especially in the southern parts of Europe, a want of rain for two or three months in summer brings on diseases almost similar.

In such an uncultivated, swampy country as Guinea, one would hardly expect to hear of a season of health; but what I have asserted is an experienced fact, with respect to newly arrived Europeans. For notwithstanding such as constantly reside there retain, through all the seasons of the year, evident marks of the insalubrity of the climate, yet the indispositions under which they labour in the dry months, are generally the remains of their former illness, or the consequences of what their constitutions had suffered during the sickly season.

Upon



In the Essay on preserving seamen, I have already given an account of the malignant  
and

Upon this occasion I cannot help observing, that there is hardly a physical cause which can be assigned for the production of any disease, that will not admit of some exceptions: thus not only the woods and morasses in Guinea are tolerably healthy in the dry season, if we except Old and New Calabar, Benin, and such like places; but a few instances might be produced, of towns surrounded with marshes and a foggy air, where the inhabitants suffer no inconvenience from their situation, even during the rainy season: as an example take New Orleans in Louisiana.

Do the impetuous torrents of water poured from the clouds during the rainy seasons in tropical countries, contain what is unfriendly and injurious to health? This much is certain, that the natives of such countries, especially the Molattoes, avoid being exposed to those rains as much as possible; and when wet with them, immediately plunge themselves into salt water, if near it. They generally bathe once a day, but never in the fresh water rivers, when overflown with the rains, preferring at such times, for this purpose, the water of springs.

Is the sickness of those seasons to be ascribed to the intense heat of the then almost vertical sun, which frequently, for an hour or two at noon, dispels the clouds,  
and



and fatal vapours called harmattans, and the seasons in which they infest some places on this

and with its direct beams instantly changes the refreshing coolness of the air into a heat almost insupportable?

Further, as the season of those sudden and terrible storms called the hurricanes, in the East and West Indies, and tornadoes on the coast of Guinea, partly coincides with that of the rains; do these dreadful tempests in any measure contribute to produce the sickness prevailing at those times? It was remarkable one year at Senegal, that in the beginning of the rainy season, in the night succeeding one of these tornadoes, a great number of the soldiers, and two thirds of the English women, were taken ill, this garrison having before been uncommonly healthy.

Lastly, Is it not more probable, that as in those countries the earth, for six or eight months in the year, receives no moisture from the heavens but what falls in dews, which every night renew the vegetation, and reinstate the delightful verdure of the grass, that the surface of the ground in many places becomes hard and incrustated with a dry scurf, which pens up the vapours below, until, by the continuance of the rains for some time, this crust is softened, and the long pent up vapours set free? That these dews do not penetrate deep into the surface of the earth, is evident from the constant dryness and hardness of such spots of ground in



this coast. But I have since found some persons who cannot, without difficulty, conceive, that a damp vapour, or fog, should open crevices in the wood, and make the boards shrink from one another.

Upon this occasion, I shall only say, that facts so well attested are too stubborn to bend to theory. A gentleman, who had long resided at Cape Coast Castle, informed me, that during the time of this fog, being in the upper chambers of the fort, the boards of the floor shrunk so much, that he could discern the candles burning in the apartments below him, there being no plaister-cielings used in those hot countries;

in those countries as are not covered with grass and other vegetables. Thus the large rivers in the dry season being confined within narrow bounds, leave a great part of their channel uncovered, which having its moisture totally exhaled, becomes a solid hard crust; but no sooner the rains fall, than by degrees this long parched up crust of earth and clay gradually softens, and the ground, which before had not the least smell, begins to emit a stench, which in four or five weeks becomes exceeding noisome; at which time the season of sickness commences.



and that he could then even distinguish what people were doing in the apartments below; the seams of the floor having opened above half an inch while the fog lasted, which afterwards, upon its being dispelled, became close and tight as before. I have already observed, that providentially those fogs prove fatal only in some years, and even then only in particular places.—But to return from this digression.

If from the foregoing accounts we form to ourselves an idea of a low, uncultivated, woody country, laid under water, at a time too when the heat of the air far exceeds any degree of heat ever experienced in England, we shall not be surprized to find, that such as are unaccustomed to the climate seldom escape a fit of sickness at this season. And if we farther take into consideration, that the only spots of ground cleared in this country are low, damp, and annually overflowed (such being only proper for the cultivation of rice, the common food of the natives): and if still to all this we add the blameable inattention of the Europeans themselves to matters of this sort, the violence



lence and mortality of their distempers will be easily accounted for.

It is not uncommon, in many trading factories, to meet with a few Europeans, pent up in a small spot of low, damp ground, so entirely surrounded with thick woods, that they can scarcely have the benefit of walking a few hundred yards, and where there is not so much as an avenue cut through any part of these noxious woods for the admission of wholesome and refreshing breezes. The Europeans have also unfortunately fixed some of their principal settlements either on low, inland, unperflated and uncultivated spots, the foul banks of rivers, or near their swampy and oozy mouths, or upon salt-marshes, formed by the overflowing of the ocean; and in many places the putrid fish, scattered on the shore by the Negroes, emit such noisome effluvia, as prove very injurious to the constitution.

Notwithstanding what has been said, I think it will hardly admit of doubt, that if any tract of land in Guinea was as well improved as the island of Barbadoes, and as



perfectly freed from trees, shrubs, marshes, &c. the air would be rendered equally healthful there, as in that pleasant West Indian island.

At present the English settlements on the rivers Senegal and Gambia are remarkably unhealthy; but otherwise, the northern, or what are called the windward parts of this coast, are the most healthy, especially in places or factories near the sea. Thus the island of Goree, the town of Sierra Leon, the fort of Dixcove, Sucondée, Cape Coast, and all the English, Dutch and Danish forts on the Gold Coast, are, comparatively speaking, healthier than the country to leeward of them.

The air in Whydaw is bad, but much worse, nay in a manner pestilential to Europeans, in the Gulph of Benin, even as far as Cape Lopez. As to the Portuguese settlements to the southward of that Cape, we observe, that St. Paul de Loanda, the capital of all their dominions in that part of the world, is said to be tolerably healthy, considering the climate; whereas the kingdom,  
and



and especially the city of Benguela, is remarkable for a pestiferous air.

The most healthy place, or the Montpelier, for its air, of the Portuguese settlements in that division of the globe, is the town of St. Salvadore. Notwithstanding it lies 150 miles up the river Congo, or Zaire, and within six degrees of the equator, yet, from its being situated on a hill, and the neighbouring country being cleared of the natural woods and thickets, its inhabitants not only breathe a temperate and pure air, but are in a great measure exempted from all the plagues of an unhealthy climate.

The less dangerous diseases which attack Europeans in Guinea, are, the dry belly-ach, and a worm which breeds in the flesh. This is a white, round, slender worm, often some yards long, lodged in the interstices of the muscles, under the skin of the legs, feet, or hands; where it occasions a swelling, resembling a boil, attended with great pain, until its little black head appears in a small watery bladder on the head of the boil. When this bladder breaks, the head of the



worm is to be secured by tying it to a small roll of linen, spread with plaister; and part of the worm is once or twice a day to be gently drawn forth, with care not to break it, and wrapped round this roll, until it be brought away entire; then the ulcer generally heals soon; but if part of the worm breaks off, the part remaining in the flesh can be ejected only by painful and tedious suppurations in different places.—Dr. Rouppe observes, that the disease of the Guinea worm is infectious. It may at least be prudent in Europeans not to lie in the same apartments, and to avoid too free a communication with such Negroes as are afflicted with those worms. These diseases may be observed at any season of the year, and seldom prove mortal. But the diseases most fatal to Europeans, are fluxes and fevers. The latter make their appearance in the rainy seasons, and have always been observed to be most fatal to European women.

I am informed by a surgeon, who practised some years at Senegal, that for several months during the dry season, the country  
was



was as healthy and pleasant as any in the world; but soon after the rainy season began, a low malignant fever spread itself among the Europeans. It seemed to proceed from a poison, as it were, got into the stomach, beginning with severe reachings, and often with a vomiting of bile. Upon its first attack in this way, he administered a few grains of emetic tartar, and found, if this medicine operated both upwards and downwards, it commonly relieved, and often entirely abated all the symptoms; but this lucid interval continued only a short time; for commonly in six hours afterwards the fever and vomiting returned, accompanied with a delirium. The administration of a second emetic did not produce so good an effect, or a remission of the fever. A second remission was however sometimes accomplished, by the Julepum è Camphorâ Pharmacopœiæ Londinensis, and the Haustus Salinus Pharmacopœiæ Pauperum Edinburgensis; and then the bark was administered without delay. Those who were very plethoric were bled: but this operation gave only a momentary relief to the pains of the head and back. In some the fever was very malignant,



nant, and the patient died soon after its attack, the corpse appearing of a yellow colour, and the skin stained with livid spots or blotches. He seldom applied blisters, until the patient was comatose, and then he found good effects from them.

The bark ought to have been administered immediately after the first remission of the fever was procured by the vomit. A more early application of blisters, in such low fevers, is also adviseable.

An inflammatory fever is seldom observed during the season of sickness in this part of the world ; though the flux may sometimes make its appearance at other seasons, and is a distemper very common, and often fatal to Europeans in Guinea. The most mortal epidemic, however, is that low, malignant fever, of the remitting kind, which rages only in the wet season.

The dry belly-ach is the same disease here as in the West Indies ; but the Guinea-worm seems in a manner most peculiar to Africa. It has been supposed to proceed  
6 from



from a bad quality in the water of the country, which is in general owing to the woody, marshy soil.

In order to know the contents and qualities of these waters, I procured those of Senegal, Gambia, and Sierra Leon, which were sent me in bottles, well corked and sealed. Upon opening these bottles, I found the water in all of them putrid, but the scent of the Senegal water the strongest and most offensive. I could not, however, discover, by the help of a good microscope, the least appearance of any animalcules; nor did any chymical experiment discover uncommon contents or impurities in those waters. All of them, after standing for some time exposed to the open air, became perfectly sweet and good.

Hence I am inclined to think, that the putrefaction of water destroys the live animalcules, and spawn of fish, which it may contain when fresh; and if such water be permitted to putrify, by being kept in close, clean vessels, very wholesome water may afterwards be obtained in Guinea.—And thus,  
sup-



supposing the Guinea-worm to be generated from animalcula, or their ova, contained in the waters of the country, their production in the human body, may probably be afterwards prevented, by drinking those waters only that have been rendered perfectly sweet by undergoing a previous putrefaction.

The quickest method of freshening such water is, by passing it through a series of vessels, placed under each other, having very small holes bored in their bottoms, so that it may fall in small divided drops, like a gentle shower of rain, through each of them, into a receiver fixed below. The wind, or air, having thus a free passage through the water, divided into small drops, will soon render it wholesome and sweet\*.

But to return from this digression : Fluxes and fevers, as I said before, are the distempers most fatal to Europeans on this coast; and the season of their appearance is during

\* This method of freshening putrid water, was first discovered by the ingenious Mr. Ottsbridge, a Lieutenant in the navy, but not before published.



the rains, and for some short time after they have ceased.

As far as I have been able to learn, there is a pretty exact uniformity in the appearances and nature of the fevers and fluxes which afflict strangers in Guinea; with this difference only, that their malignity or violence, together with the mortality proceeding from them in the rainy season, are in proportion to the situation of the place, and its free ventilation by a wholesome air.

The natives themselves are not exempted from those diseases. They are in general short lived, and perceive as various degrees of purity and insalubrity of the air in different spots of their country, as are felt in Europe, or in any other part of the world. Generally black priests, natives of that country, are hired by the Portuguese to undertake the conversion of those of their own colour who reside in unhealthy places: hence the missions at Rio Nunes and at Giga-shore have been rendered both honourable and lucrative to such black missionaries as choose to undertake them.



We shall conclude our account of Guinea, with some extracts from the journal of a ship, which sailed up the rivers of that country.

“ Upon the 20th of February, we sailed  
“ from Lisbon, and on the 16th of March  
“ arrived at the island of St. Jago. Here  
“ we found the ships of different nations,  
“ whose crews, as also the white people on the  
“ island, were perfectly healthy. The latter,  
“ however, seemed to have been sickly, and  
“ many of them were afflicted with ague-  
“ cakes, a hard swelling on the seat of the  
“ spleen.

“ Upon the 5th of April, we arrived at  
“ Gambia, and found all the English in that  
“ fort in perfect health. The surgeon of the  
“ factory informed me, that a relaxation of  
“ the stomach, and consequently a weakened  
“ digestion, seemed to bring on most of  
“ the diseases so fatal to Europeans in the  
“ sickly season. They were generally of a  
“ bilious nature, attended with a low fever,  
“ sometimes of a malignant, at other times  
“ of a remittent kind. Fluxes were also  
“ then prevalent, and often proved mortal  
“ to



“ to strangers. The flux sometimes ap-  
“ peared alone, at other times attended the  
“ fever, but more frequently followed it.

“ Upon the 12th of April, after sailing 30  
“ miles up the river St. Domingo, we came  
“ to Catchou, a town belonging to the  
“ Portuguese, in latitude 12 degrees north.  
“ In this town there were only four white  
“ men, the governor and three friars. The  
“ number of white people in the trading  
“ ships were 51. One morning, towards  
“ the latter end of April, a little rain fell.  
“ On the 13th of May there was a second  
“ shower, accompanied with a tornado.  
“ On the 18th of May it rained the whole  
“ day; and the rain continued, with but  
“ short intervals, until the beginning of  
“ October.

“ In the month of June, almost two  
“ thirds of the white people were taken ill.  
“ Their sickness could not well be cha-  
“ racterized by any denomination commonly  
“ applied to fevers: it however approached  
“ nearest to what is called a nervous fever,  
“ as the pulse was always low, and the brain  
“ and



“ and nerves seemed principally affected. It  
“ had also a tendency to frequent remis-  
“ sions \*. It began sometimes with a  
“ vomiting, but oftener with a delirium.  
“ Its attack was commonly in the night,  
“ and the patients being then delirious,  
“ were apt to run into the open air. I  
“ observed them frequently recover their  
“ senses for a short time, by means of the  
“ heavy rain, which at that time fell upon  
“ their naked bodies. But the delirium  
“ soon returned: they afterwards became  
“ comatose; their pulse sunk, and a train  
“ of nervous symptoms followed; their  
“ skin often became yellow; bilious vomit-  
“ ings and stools were frequent symptoms.

“ The fever reduced the patient's strength  
“ so much, that it was generally six weeks  
“ or two months before he was able to walk  
“ abroad. A consuming flux, a jaundice,  
“ a dropsy, or obstructions in the bowels,  
“ were the consequences of it. Of 51

\* “ Vomits, blisters, camphire, and the bark, were  
“ the only things which merited the title of remedies  
“ for this disease.



“ white men, being the companies of four  
“ ships which were at Catchou, one third  
“ died of the fever, and one third more of  
“ the flux, and other diseases consequent  
“ upon it ; and of these not one was taken  
“ ill till after the rains began.

“ I believe, on the whole face of the  
“ earth, there is scarce to be found a more  
“ unhealthy country than this, during the  
“ rainy season ; and the idea I then con-  
“ ceived of our white people, was by mak-  
“ ing a comparison of their breathing such  
“ a noxious air, with a number of river-fish  
“ put into stagnating water, where, as the  
“ water corrupts, the fish grow less lively,  
“ they droop, they pine away, and many  
“ die.

“ Thus, some persons became dull, inac-  
“ tive, or slightly delirious at intervals, and  
“ without being so much as confined to  
“ their beds, they expired in that delirious or  
“ comatose state, in less than 48 hours after  
“ being in apparent good health. The  
“ whites in general became yellow ; their  
“ stomach could not receive much food,  
“ without



“ without loathing and reachings. And in-  
“ deed it is no wonder that this sickness  
“ proved so fatal, and that recoveries from  
“ it were so tedious, and that they were at-  
“ tended with fluxes, dropfies, the jaun-  
“ dice, ague-cakes, and other dangerous  
“ chronical distempers.

“ It seemed more wonderful to me, that  
“ any white people do ever recover, while  
“ they continue to breathe so pestiferous an  
“ air as that at Catchou, during the rainy  
“ season.

“ We were, as I have already observed,  
“ 30 miles distant from the sea, in a coun-  
“ try altogether uncultivated, overflowed  
“ with water, surrounded with thick, im-  
“ penetrable woods, and over-run with  
“ slime. The air was vitiated, noisome,  
“ and thick, insomuch that the lighted  
“ torches or candles burnt dim, and seemed  
“ ready to be extinguished; even the hu-  
“ man voice lost its natural tone. The  
“ smell of the ground and of the houses  
“ was raw and offensive; but the vapour  
“ arising from the putrid water in the  
“ ditches



“ ditches was much worse. All this how-  
“ ever seemed tolerable, in respect of the  
“ infinite numbers of insects swarming  
“ every where, both on the ground and in  
“ the air, which as they seemed to be pro-  
“ duced and cherished by the putrefaction  
“ of the atmosphere, so they contributed  
“ greatly to increase its impurity.

“ The wild bees from the woods, toge-  
“ ther with millions of ants, over-ran and  
“ destroyed the furniture of the houses: at  
“ the same time, swarms of cock-roaches  
“ often darkened the air, and extinguished  
“ even the candles in their flight; but the  
“ greatest plague was the musquetoës and  
“ sand-flies, whose incessant buzz, and pain-  
“ ful stings, were more insupportable than  
“ any symptom of the fever.

“ Besides all these, an incredible number  
“ of frogs on the banks of the river, made  
“ such a constant and disagreeable croaking,  
“ that nothing but being accustomed to such  
“ an hideous noise could permit the enjoy-  
“ ment of natural sleep.



“ In the beginning of October, as the  
“ rains abated, the weather became very  
“ hot ; the woods were covered with  
“ abundance of dead frogs and other ver-  
“ min, left by the recess of the river ; all  
“ the mangroves and shrubs were likewise  
“ overspread with stinking slime.

“ Upon our return to Lisbon, I observed  
“ the blacks to suffer much from the change  
“ of climate ; for when they came into a  
“ cold latitude, in the month of December,  
“ many of them were seized with the flux,  
“ and other distempers, of which several  
“ died.”

I observed before, that the most frequent and fatal diseases in the sickly season in Guinea are not of an inflammatory nature.— And indeed so much harm has been done there by the lancet, in the hands of such as have read only Sydenham's works, or authors who treat of inflammatory fevers only, that it is most adviseable for the inexperienced in such climates to abstain altogether from its use, and to trust the safety of their patients in such cases to vomits, and the early appli-



application of blisters, together with the use of Tartarum Emeticum, in small doses, or of other antimonial medicines of gentle operation, during the fever, and the bark upon its first remission; which will be found the most successful and judicious method of treating those fevers.

In dangerous cases, a quarter of an ounce of bark ought to be administered in wine every two or three hours, until an ounce and an half of that medicine has been taken; and six drachms of it every 24 hours afterwards. Here it is proper to observe, that this remedy may be administered in large quantities with the utmost safety. I have often, in England, given an ounce of it in less than six hours, even when the stomach was weak, and the patient low, without observing the least inconvenience, complaint of sickness, or reachings; and I have had patients, who in less than three weeks have taken 14 ounces of the bark in substance; and there was even an absolute necessity for their taking that quantity.



It should be considered, that Dr. Sydenham's judicious practice was local; it was confined not only to England, but to a particular and very healthy spot of it, London: and it is probable that if the Doctor had practised at the distance of only a few miles from the metropolis, in the low grounds of Sheerness, and that neighbourhood, he would not have found the operation of bleeding so universal a remedy for most fevers.

Had this eminent physician been acquainted with the usual autumnal fever of several countries of Europe, and with the great mortality produced by its rage in hot climates, he would not have ventured to pronounce a continual fever, of about 12 or 14 days duration, the most constant and primary fever of nature, to which the medical receipts of the antient physicians were chiefly applicable. In this fever, after bleeding and a vomit, the safety of the patient was to be intrusted in a great measure to nature, as the principal agent of the cure, by means of the fever itself, which was always thought the salutary instrument of a recovery; a  
practice



practice and a theory by no means applicable to the fevers which attack Europeans in Guinea.

The main intention of this treatise is to guard all such as go abroad against the malignant diseases of foreign climates; where the indisposed do too frequently suffer from an unskilful treatment in their sicknesses.

We are sorry to say that this too often happens under the management of some who may be really ignorant, or of others so totally devoted to a particular local system of practice, as never to allow themselves either to act or to think contrary to its established rules. In this work we shall therefore endeavour to suggest some medical hints, for the information of these physicians and surgeons who have had no opportunity of acquiring experience in the treatment of the diseases of warm climates.—For further particulars we refer them to Part III. Chap. I.

We take this opportunity likewise to inform them, that the directions here given



relative to medical practice, not only on the coast of Africa, but in several other parts of the world, have been sent out of England by different gentlemen, and copies of them have been dispersed in several of our factories abroad; where they have been experienced and approved as the most successful methods of treating fevers, not only in our men of war, but in many of our settlements, especially in Africa. Several copies of them are there to be seen, transcribed from what were given to surgeon Oates and others, above three years ago; and I have frequently had the satisfaction of being informed, that they are now become the standard rules of a regular and successful practice in those parts of the world.

In Guinea, the loss of a small quantity of blood, in the beginning of a fever, does often neither good nor hurt; and there are diseases incident to Europeans in that part of the world, especially in the dry season, which may require even a repetition of that operation.

But



But during the wet or sickly season, in the case of Europeans afflicted with the fever, common there, it is seldom necessary to take away blood; and large repeated bleedings are attended with fatal consequences. Nothing can be a plainer proof of the disposition of the air in this country, to produce remitting and intermitting fevers, than the common observation, that those who have had obstinate agues in England or Holland, almost constantly suffer a relapse when they come on this coast.

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S E C T. III.

*Of the Canaries. Cape de Verd Islands. The Islands of St. Thomas, Princess, Ferdinando Po, St. Helena. Cape of Good Hope. Madagascar. Mascarenhas. Mauritius. Eastern Shores of Africa.*

**B**EFORE we take our leave of the coast of Africa, we shall observe, as to the African islands,—That the Canaries are blessed with a temperate, pure and



wholesome air. No sooner were the English officers landed there, when brought sick from Senegal, than they found an immediate and satisfactory alteration in their health.

There they no longer felt the scorching heat of a meridian sun, tempered with no refreshing breezes, and no cool air; from which impenetrable surrounding woods had before debarred them. They were no longer sensible of the sudden and piercing chillness of the evenings, nor tortured with swarms of blood-sucking gnats and flies. It was indeed surprizing in how short a time they recovered their health, strength and colour, in those delightful islands.

Passing from the Canaries to the Cape de Verds, we find St. Antonio and St. Nicholas, the only two islands in that cluster, where strangers are ~~not~~ exempted from a general sickness during the rains. This sickness is still more violent in the island of St. Thomas, Princess island, and Ferdinando Po.

It is in the island of St. Helena, to the southward of all these, that the English  
planters



planters retain their health, complexion, and a vigorous constitution, during all the seasons of the year, and live to as great an age as in Europe.

After passing the fruitful, pleasant and healthy Dutch settlements at the Cape of Good Hope, we come to the large island of Madagascar. Here the companies of many European ships have been restored to health, when afflicted with the scurvy, especially if they arrived in the dry season; for during the rains this island is very unhealthy, particularly the Bay of St. Augustine and Fort Dauphin, the two places where European ships commonly anchor. The *Terpsichore*, an English man of war, was a melancholy example of this, as, from being there during the rainy season, she lost a number of her men and officers.

The same may be said of the Mascarenhas, Mauritius, and the barren island of Diego Reys. The French fort at Bourbon is not however so unhealthy at this season as the Bay of St. Augustine in Madagascar.

As



As to the eastern shores of Africa, we shall only remark, that Mozambique is reckoned unhealthy ; and that the country of Quiloa proved so fatal to the Portuguese, that they were obliged to abandon all their settlements upon it : whereas the great city and country of Melinda is said to be tolerably healthy.



C H A P. III.

Diseases in the East Indies.

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S E C T. I.

*Periodical sickness in the English factories in  
Arabia and Persia, &c.*

IN proceeding on our course to Arabia, Persia, and India, and taking a view, as we pass along, of the principal English factories established in those countries, we find, that at Mocha in Arabia, at Bassora on the gulph of that name, and at Gambroon in Persia, the European factors are annually subject to a periodical sickness for a few months of the year.

Having



Having now got into that part of the globe commonly called the East Indies, or more properly the southern parts of Asia, upon a general survey of the state of things there, we find—That the countries which are well improved by human industry and culture, such as China \*, and several other places in that part of the world, are blessed with a temperate and pure air, salutary to the European constitution. On the other hand, the woody and uncultivated parts of India, viz. the islands of Java and Sumatra, the islands of Negrais, where the English lately attempted to make a settlement, Banda, one of the Dutch spice islands, and several others, have proved fatal to a multitude of Europeans and others, who have been accustom-

\* The numerous European factors who frequent China suffer no inconvenience from that climate, further than that, in the month of November, the men in those ships which lie near to Wampoa, in the river of Canton, are subject to agues, occasioned by the north-west winds, which passing over some swampy rice grounds, commonly blow at that season. This disease seldom proves fatal, but is apt to harass the patient for the two succeeding months, if he continues on that spot.



ed to breathe a purer air. But in all spots of the East Indies situated near the muddy and impure banks of rivers, or the foul shores of the sea, the vapours exhaling from the putrid stagnated water, either fresh or salt, from large swamps, from corrupted vegetables, and other impurities, produce mortal diseases, especially during the rainy season.

There is a place near Indrapour in Sumatra, where no European can venture to remain, or sleep one night on shore, during the rainy season, without running the hazard of his life, or at least of a dangerous fit of sickness; and at Podang, a Dutch settlement on Sumatra, the air has been found so bad, that it is commonly called the Plague Coast. Here a thick pestilential vapour or fog arises after the rains, from the marshes, which destroys all the white inhabitants.



## S E C T. II.

*The four English Presidentships in India:  
Their comparative degrees of health. Diseases.*

THE English have in this part of the world four presidentships or governments, to which all their other factories are subordinate, and upon which they depend, Madrafs, Bengal, Bombay, and Bencoolen. Of these the climate of Bencoolen has proved the most sickly and fatal, not only to the English, but to all who have been accustomed to live in a pure air.

In the year 1763, upon the cession of Manilla to the Spaniards, by the last treaty of peace, many Chinese merchants, with their families, quitted that place, in order to settle under the English government at Bencoolen : but the air of this country proved so fatal, that most of those Chinese and their families died soon after their arrival. Many English have also fallen a sacrifice



crifice to the intemperature of this climate ; and indeed very few of them survived, until they built a fort on a dry elevated situation, at the distance of about three miles from the town. It is called Fort Marlborough ; where, during the rage of sickness at Bencoolen, the garrison is sometimes very healthy.

Next to Bencoolen, of all the English factories, the climate of Bengal proves the most fatal to Europeans. The rainy season commences at Bengal in June, and continues till October : the remainder of the year is healthy and pleasant. During the rains, this rich and fertile country is quite covered by the Ganges, and converted as it were into a large pool of water. In the month of October, when the stagnated water begins to be exhaled by the heat of the sun, the air is then greatly polluted by the vapours from the slime and mud left by the Ganges, and by the corruption of dead fish and other animals. Diseases then rage, attacking chiefly such as are lately arrived. Here, as in all other places, sickness is more frequent and fatal in some years than others.

The



The distempers are fevers, of the remitting or intermitting kind; for though sometimes they may continue several days, without any perceptible remission, yet they have in general a great tendency to it, and are commonly accompanied with violent fits of rigors or shiverings, and with discharges of bile upwards and downwards. If the season be very sickly, some are seized with a malignant fever, of which they soon die. The body is covered with blotches of a livid colour, and the corpse in a few hours turns quite black and corrupted. At this time fluxes prevail, which may be called bilious or putrid, the better to distinguish them from others which are accompanied with an inflammation of the bowels. In all those diseases at Bengal, the lancet is cautiously to be used.

It is a common observation, both at Bengal and Bencoolen, that the moon or tides have a remarkable influence on intermitting fevers; and I have been informed by a gentleman of undoubted veracity, and of great knowledge in medicine, that at Bengal he could foretel the precise time when the patient



patient would expire, it being generally about the hour of low water.

Thus much is certain, that in the year 1762, after a great sickness, of which it was computed 30,000 blacks and 800 Europeans died, in the province of Bengal, upon an eclipse of the moon, the English merchants and others, who had left off taking the bark, suffered a relapse. The attack of this fever was so general on the day of the eclipse, that there was not the least reason to doubt of the moon's influence †. These observations

† In this sickness, a constant vomiting of a tough white pellucid phlegm, accompanied with a continual diarrhoea, was deemed the most mortal symptom. Bleeding was attended with fatal consequences; but the administration of the bark, upon the least remission of the fever, with its continuance for some time afterwards, was recommended to every captain and surgeon of the ships in the river of Bengal.

All naval and other sea-surgeons, whose ships are bound to the East Indies, should take with them ten times the usual quantity of bark, and upon this account be excused from taking other drugs not wanted in that climate, as bark is procured there with great expence and difficulty.



furnish an useful hint, which is, to take doses of bark at the full and change of the moon, as being the seasons most dangerous for an attack or relapse into those intermitting fevers.

But, to quit Bengal, let us proceed to observe,—That though the air in the English presidency of Bombay is not so pure as at Madras, yet it is much more wholesome than at Bengal; the coast of Malabar being pretty healthy, though inferior in this respect to the coast of Coromandel.

The island of Bombay has of late been rendered much more healthy than it was formerly, by a wall which is now built, to prevent the incroachment of the sea, where it formed a salt-marsh, and by an order that none of the natives should manure their cocoa-nut trees with putrid fish.

At Surat and Tellicherry, on the same coast, Europeans generally enjoy a good state of health.

Madras is esteemed the most healthy government belonging to the English: and indeed



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indeed the air of the whole coast of Coromandel is in general pure and temperate, in respect of many other parts of India, not only at Madrafs, but at St. Davids, Cudalore, and at Negapatnam the Dutch presidency on this coast.

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### S E C T. III.

*The settlements of other European nations in India. Medical directions. Mr. Ives's curious observations made in a journey from India to Europe by land.*

**M**ANILA, in the island of Luconia, on account of the purity and healthy temperature of its air, may justly be reckoned the Montpelier of all the settlements established by other European nations in that quarter of the globe.

The Danish settlement at Tranquebar is extremely healthy, as evidently appears from



the florid countenances of the Danes in that place.

Pondicherry, the capital of the French in India, is far from being unhealthful. The same may be said of Goa, the residence of the Portuguese viceroy in that part of the world: whereas Batavia, the capital of the Dutch dominions, is annually subject to a fatal and consuming sickness.

Upon this occasion we cannot help remarking, that a daily and familiar observation of the fatal errors and mistakes committed by the young, thoughtless and ignorant, does not much excite our wonder; but we are apt to be struck with astonishment, when we find that the founders of great towns, and the governors of extensive provinces, through ignorance or mistakes, have exposed populous and magnificent cities to an annual and pestilential destruction. This seems to be the case at Batavia; where the Dutch, in endeavouring to make this their capital in India, to resemble their cities in Europe, have adorned it with canals or ditches intersecting each other, and running



running through every part of it. Those canals, replete with water, may perhaps serve for some use, or rather for ornament; but notwithstanding the utmost care to keep them clean, in the hot and unwholesome climate of Java, during and after the rainy season, they become extremely noxious to the inhabitants, but more particularly to strangers. The unwholesome air of that place alone has cut off more Europeans than have fallen by the sword, in all the bloody wars carried on by the Dutch in that part of the world.

It is remarkable, that excepting a very fatal scurvy which raged in our fleet at sea in the last war, the English ships of war which then touched at Batavia, suffered more by the malignant and fatal diseases of that climate, than they did in any other part of India. The Panther, a ship of 60 guns, was there in the years 1762 and 1764, but both times most unhappily during the rainy season. In the former of those years she buried 70 of her men; and 92 of them were very ill when she left that place. In the year 1764, during a short stay there,



25 of her men died. The Medway, which was in company with her, lost also a great number of men. And it was particularly observed, that the sickness raged with the greatest violence when the rains abated, and the sun had evaporated the water in the ditches, so that the mud began to appear. The stench from the mud was then intolerable.

The fever at that time was of the remitting kind. Some were seized suddenly with a delirium, and died in the first fit; but none survived the attack of a third. The surgeon of the Panther imputes his preservation to the taking as much of the bark every hour, in claret wine, as his stomach would bear, beginning the use of this remedy immediately upon the first remission of the fever. We may form some idea of the Dutch practice in this part of the world, when we find that, by the advice of four of their physicians, the bark was administered to Captain Mathieson of the Panther, notwithstanding a remission of his fever could not be procured: such was their opinion and confidence in that medicine. But this gentle-



gentleman, with many of his men, fell a sacrifice to the intemperature of that climate. Nor was the sickness at that time confined to the ships: the whole city afforded a scene of disease and death; streets crouded with funerals, bells tolling from morning to night, and horses jaded with dragging the dead in hersees to their graves.

At that time a slight cut of the skin, the least scratch of a nail, or the most inconsiderable wound, turned quickly into a putrid spreading ulcer, which in twenty-four hours consumed the flesh even to the bone. This fact is so extraordinary, that upon a single testimony credit would hardly be given to it; yet on board the *Medway* and *Panther* they had the most fatal experience of it, and suffered much from it.

Besides these malignant and remitting fevers, which rage during the wet season, and some time after it, in the unhealthy parts of the East Indies, Europeans, especially such as live intemperately, are also subject to fluxes, and to an inflammation or disease of



the liver ; which last is almost peculiar to India, and particularly to the Coromandel coast.

Fluxes are seldom here accompanied with inflammatory symptoms, the discharges being chiefly of a putrid or bilious nature : they are removed by administering first a vomit, then rhubarb, and lastly ipecacoanha, in small doses. After the bile and other putrescent humours have been thus sufficiently evacuated, opiates, with a diet of rice, and such food as is antiseptic, must be prescribed.

The disease of the liver is generally preceded by a high fever, a difficulty of breathing, and a violent pain fixed in the right-side upon the seat of the liver, to which the sick person often applies his hand, seeking for relief. On its first attack, the patient should lose blood, and the part ought to be bathed with a warm, relaxing and discutient fomentation ; or a blister may be applied to it. When, by bleeding, the fever is somewhat abated, a gentle purge or clyster being previously administered, immediate recourse must



must be had to Mercury, as a specific for this disease. A gentle salivation, of 15 or 20 days continuance, must be raised by means of the mercurial ointment rubbed upon or near the affected part, together with the use of mercurial pills or calomel taken occasionally.

The livers of those who died of this disease were found in a putrid state, resembling an honey-comb. I gave mercurials with good effect to a number of patients under my care, who came from the East Indies, and who suffered from a return of this disease when in England. In three cases, where mercury was not administered, the liver came to a suppuration, of which two of the patients died. The use of mercury in such cases may appear empirical; but by the experience of all who have practised physic in India, it has been approved as a most safe and excellent method of cure. Sailors, who do not eat green vegetables, are apt to be likewise afflicted in India with the scurvy, accompanied with large and spreading ulcers, as also with scorbutic fluxes:



fluxes: for the cure of which, see my Treatise on the Scurvy.

I have been favoured with the following observations by Mr. Bogue, an ingenious surgeon at Titchfield.

“ The diseases most fatal at Calcutta,  
“ while I was there, in 1757, began with  
“ the rainy season, and were obstinate  
“ putrid intermitting fevers. The cold fit,  
“ which was excessively violent, continued  
“ often for twelve hours; and as the fever  
“ returned every day, the patients had not  
“ above four or five hours respite from it.  
“ During the rains, and for some time after,  
“ we had sick, at the same time, in this  
“ place, one half of the men of the squa-  
“ dron under the command of the admirals  
“ Watson and Pocock. Out of three ships  
“ of the line, and a 20 gun ship, and those  
“ not fully manned, we lost in six months  
“ upwards of 200 men, most of whom  
“ died of these fevers.

“ Camphire was found the best medi-  
“ cine in the fit. Bark and other antiseptics  
“ tics



“ tics were administered in large quantities,  
“ after first giving an emetic, and emptying  
“ the bowels. This fever reduced the pa-  
“ tients in general to such a weak state, that  
“ Mr. Ives, then surgeon of that hospital,  
“ judged it absolutely necessary to give arrack  
“ in their boiled rice to those who were on  
“ the recovery, or who had not the disorder  
“ in a violent degree. He likewise gene-  
“ rously supplied them with Madera wine.

“ In the inflammatory fevers preceding  
“ the rainy season, bleeding with caution  
“ was found of service; but as soon as the  
“ rainy season set in, the lancet was seldom  
“ or never used.

“ A salivation generally cured diseases of  
“ the liver, if the spitting was brought on  
“ before matter was formed. In some the  
“ mercury produced a looseness, which also  
“ cured the patient. In inflammations of  
“ the liver, when it adhered to the perito-  
“ nœum, which was generally the case, and  
“ a tumor appeared externally, it was seve-  
“ ral times opened with success.—Of which  
“ the following is an instance.

“ A sea-



“ A seaman, aged about 35 years, was  
“ sent very ill of the scurvy, in the end of  
“ May 1759, to his Majesty’s hospital, un-  
“ der my care, in the absence of the sur-  
“ geon at Negapatnam, a Dutch settle-  
“ ment on the Coromandel coast. Soon  
“ after his coming on shore, he was seized  
“ with a scorbutic flux, and a few days af-  
“ terwards complained of a pain in his ~~left~~ <sup>right</sup>  
“ side. In these circumstances, as the flux  
“ continued, and several livid scorbutic  
“ spots had appeared on his limbs, with a  
“ contraction of both knees, I judged it im-  
“ proper to give mercurials; so that a large  
“ tumor shewed itself on that side, point-  
“ ing externally, with matter beginning to  
“ form. I forwarded the suppuration with  
“ pultices; and on the 13th of July, in the  
“ cool of the evening, being about a month  
“ after his first complaining of the pain of  
“ that side, I laid the tumor open about six  
“ inches, and let out near three pints of  
“ well digested matter. I then introduced  
“ my hand into the left lobe of the liver,  
“ which I found almost entirely suppurated,  
“ and containing several honeycomb cavities,  
“ the



“ the edge of the liver adhering to the  
“ peritonæum. He was dispirited on the  
“ thoughts of its being opened, but bore the  
“ operation better, than could be expected  
“ in that low state, to which he was re-  
“ duced.

“ I cautiously filled the cavity with dry  
“ soft lint, and gave him a julep, with the  
“ tincture of bark, to take frequently.  
“ Next morning after the operation, there  
“ was a large discharge of good matter,  
“ and I found one sinus leading obliquely  
“ down towards the navel, and another to-  
“ wards the back, each about two inches  
“ in length. I laid them both open to the  
“ bottom; and these were the only open-  
“ ings I had occasion to make, though I  
“ found another sinus leading up to the  
“ chest. That day I dressed him as before,  
“ and the next day, after having fomented, I  
“ threw into the cavity an injection of bar-  
“ ley water, and tincture of myrrh, which  
“ I repeated three or four times, until I  
“ thought the parts were sufficiently clean-  
“ sed of matter. I continued to dress with  
“ lint preferably to any other application,  
“ on



“ on account of its giving no uneasiness,  
“ and of its absorbing quality. I gave him  
“ the bark in substance, as soon as his sto-  
“ mach would bear it.

“ During the first fortnight I dressed him  
“ twice a-day, there being then a great dis-  
“ charge. The cavity afterwards filling up  
“ fast, and the quantity of matter lessening,  
“ he was dressed only once in 24 hours,  
“ but still continued to take the bark. In  
“ three weeks the wound was not more  
“ than an inch deep, and but two inches in  
“ length, florid granulations daily forming ;  
“ and towards the end of August, the parts  
“ being almost cicatrized, the patient was  
“ sent on board his ship to do duty, the ad-  
“ miral expecting every day to meet the  
“ French squadron. He was killed on the  
“ 10th of September following, in the  
“ action between the English squadron com-  
“ manded by admiral Pocock, and the  
“ French by count D’Ache.

“ In some of those whose liver came to  
“ a suppuration, I have known instances,  
“ where the matter has been so acrid, as

“ not



“ not only to corrode, but to dissolve the  
“ cartilages at the extremities of the false  
“ ribs, and likewise part of those ribs.

“ The following observations were made  
“ on the bodies of two persons who died of  
“ this disease, after the liver had suppu-  
“ rated. In a man, aged 60, I laid open  
“ about seven inches a very large tumor of  
“ the right lobe of the liver pointing ex-  
“ ternally, and let out at least two quarts  
“ of fetid matter. I treated it much in the  
“ same manner as the preceding case, and  
“ for the space of one month not without  
“ great hopes of a cure, though the incar-  
“ nation was always more flow than in the  
“ other patient. He was seized with a  
“ flux, which continued more or less until  
“ his death, which happened in five months  
“ after the opening of this tumor.

“ During the last four months the appear-  
“ ances frequently varied; sometimes they  
“ flattered us, but not to so great a degree as  
“ before he was seized with the flux. The  
“ aliment was discharged undigested thro’  
“ the ulcer a little before he died; and on  
“ opening



“ opening the dead body, I found the right  
“ lobe of the liver almost entirely consumed,  
“ the remains adhering in part to the sto-  
“ mach, in which there was an opening  
“ equal to a half-crown piece, and through  
“ it the food had passed to the liver.  
“ The left lobe was a little enlarged, and  
“ all the bowels of the abdomen were in  
“ an inflamed state. In the patient of an-  
“ other surgeon, upon opening the thorax,  
“ the lower part of the right lobe of the  
“ lungs was found slightly adhering to the  
“ diaphragm, and its blood vessels full and  
“ enlarged ; the upper part of that lobe, to-  
“ gether with the left lobe of the lungs and  
“ the heart, were all in a sound state.

“ Upon inspecting the abdomen, that  
“ part of the right lobe of the liver which  
“ lies contiguous to the ribs, was almost  
“ entirely suppurated through its whole  
“ substance, as far as the diaphragm : where  
“ it had not suppurated, the blood-vessels  
“ were most of them ruptured. On intro-  
“ ducing the hand between the peritonæum  
“ and liver, there issued from two large ab-  
“ scesses three pints at least of a crude  
“ sanious



“ fanious matter. The right lobe extended  
“ itself into the cavity of the breast of  
“ that side, quite to the third true rib.  
“ The gall-bladder was in a healthy state,  
“ and full of bile; the ductus communis  
“ cholidochus was wholly free from ob-  
“ structions; but the omentum was partly  
“ mortified. The stomach was found, but  
“ much distended with wind, and the  
“ vessels on the intestines in a state of ple-  
“ nitude. The kidneys, spleen, mesen-  
“ tery and pancreas were perfectly found.”

We shall conclude this cursory account of the diseases in the East Indies, and of the comparative degrees of health enjoyed by Europeans in different parts of it, with a few extracts from Mr. Ives’s accurate observations, made on his travels from India to Europe by land: this gentleman having for three years been surgeon to his Majesty’s naval hospital in the East Indies.

“ After leaving the unhealthy kingdom  
“ of Bengal, we arrived, on the 9th of  
“ March 1758, at Gambroon in Persia.



“ The climate here is very unhealthy.  
“ Few Europeans escape being seized with  
“ putrid intermitting fevers, which rage  
“ from May to September, and are often  
“ followed with obstructions in the liver.

“ Mr. Parker, surgeon to this factory, is  
“ much esteemed for his medical know-  
“ lege. He has been so successful in prac-  
“ tice, that the English, during his resi-  
“ dence among them for two years past,  
“ have buried only one of their number.  
“ His method of treating those fevers is,  
“ after the administration of an emetic, to  
“ order two scruples of the bark, twelve  
“ grains of the salt of wormwood, and  
“ twelve grains of the powder of snake-  
“ root, to be taken every hour. Seven or  
“ eight doses of this medicine effectually pre-  
“ vented the return of the fit, and a repe-  
“ tition of them, within six or eight days  
“ after, secured the patient against any re-  
“ lapse.

“ Various authors who have treated of  
“ Gambroon, do, as well as the present  
“ English



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“ English factory, impute its unhealthful-  
“ ness during the summer months to the  
“ noxious effluvia with which the air is con-  
“ taminated, from the great quantities of  
“ blubber fish left by the sea upon the  
“ shore, which very soon become highly  
“ putrid and offensive.

“ Upon the 30th of March we came to  
“ the island of Karee, in the Persian gulph.  
“ Mynheer Tullick, surgeon to this Dutch  
“ factory, informed me, that in the rainy  
“ seasons, intermitting fevers and fluxes are  
“ the usual distempers.

“ After sailing up the river Tigris from  
“ Bassora, we arrived at Bagdat. In this  
“ city, supposed to contain 500,000 souls,  
“ a purple fever then raged ; but though it  
“ was computed that an eighth part of the  
“ inhabitants were ill, yet the distemper  
“ was far from being mortal. Here we  
“ were informed, that the Arabs had broken  
“ down the banks of the river near Bas-  
“ sora, with a design to cover with water  
“ the desarts in its neighbourhood. This,  
“ it seems, is the usual method of revenge



“ taken by the Arabs, for any injury done  
“ them by the Turks in Bassora ; and was  
“ represented to us as an act of the most  
“ shocking barbarity, since a general con-  
“ suming sickness would undoubtedly be the  
“ consequence. This was the case fifteen  
“ years before, when the Arabs, by demo-  
“ lishing the banks of this river, laid the  
“ environs of Bassora under water. The  
“ stagnating and putrifying water in the ad-  
“ jacent country, and the great quantity of  
“ dead and corrupted fish at that time lying  
“ upon the shore, polluted the whole at-  
“ mosphere, and produced a putrid and  
“ most mortal fever. Of this fever between  
“ 12 and 14,000 of the inhabitants died,  
“ and at the same time not above two or  
“ three of the Europeans who were settled  
“ there escaped with life : So dreadful are  
“ the effects of corrupt stagnating waters,  
“ in such sultry climates ! A Bashaw was  
“ immediately dispatched to Bassora, to use  
“ his utmost endeavours to prevent this ca-  
“ lamity, by repairing the banks, and by  
“ preserving the course of the river within  
“ its proper channel.

“ Towards



“ Towards the end of May we found  
“ the heat at Bagdat excessive, and almost  
“ intolerable to our European constitutions.  
“ We were advised by our friends to remain  
“ there until the month of October. They  
“ represented to us the increasing heat of  
“ the weather, and the violence of it in the  
“ deserts of Arabia, but particularly the  
“ danger of meeting with those pestiferous  
“ and mortal blasts called Samiels, in pas-  
“ sing the desert.

“ This is a sudden gust of wind, to  
“ which travellers are exposed in the de-  
“ serts, sometimes towards the middle or  
“ the end of June, but more frequently in  
“ the months of July and August, when it  
“ brings instantaneous death to every man  
“ or beast that happens to stand with his  
“ face towards it. Providentially however,  
“ a certain though short warning of its ap-  
“ proach is given, by a sensible alteration of  
“ the air. When this is perceived, all tra-  
“ vellers, together with their horses, ca-  
“ mels, &c. must lie prostrate upon the  
“ ground, with their faces downwards, and  
“ their feet towards the Samiel, and conti-



“ nue in that posture until it is passed, which  
“ is the only means of safety. This pesti-  
“ ferous vapour quickly passes, and com-  
“ monly does not expand itself far, but  
“ runs as it were in streams of no great  
“ breadth ; so that travellers, at a few miles  
“ distance from each other, are exposed to  
“ different Samiels, and some of them may  
“ be so fortunate as to escape them. The  
“ Samiels may be in some measure shunned,  
“ by travelling only in the night during those  
“ months.

“ To avoid the great desert, when we  
“ left Bagdat, we took the road to Mosul,  
“ and on the 5th of July arrived at that city.  
“ Here I learned from a Carmelite friar,  
“ who acted as physician to the Bashaw,  
“ that the common diseases in this place  
“ were ardent fevers and dysenteries in the  
“ summer, and intermitting fevers during  
“ the wet season. I understood from him,  
“ that the bilious obstructions and swellings  
“ of the liver were as frequent here as in  
“ India. This place had lately contained  
“ 300,000 inhabitants ; but a famine,  
“ and



“ and the sickness which followed it, had  
“ greatly reduced the number.

“ In our journey we passed through Ni-  
“ zibin, a place remarkable for its bad air,  
“ and bad water; which the same famine  
“ and sickness had almost depopulated.

“ After undergoing many difficulties, we  
“ at length, on the 5th of August, arrived  
“ at Aleppo \*. As we performed this long  
“ journey in the warmest months of the  
“ year, I shall now relate what effect the  
“ intolerable heats had upon our constitu-  
“ tions.

“ They produced an entire loss of appe-  
“ tite, a faintness and gripes, with frequent  
“ and bilious stools; which greatly exhausted  
“ our strength. My stomach was often so  
“ weak, that it could receive only a little  
“ milk. Several of us became feverish,  
“ through the excessive heat, and were ob-  
“ liged to have recourse to gentle vomits,

\* For the diseases frequent in this place, see Dr.  
Ruffel's Treatise on that subject.



“ sometimes with good effect, to Dr. James’s  
 “ powders, to take off the fever, and small  
 “ doses of calomel and rhubarb, to cleanse  
 “ our bowels from a sharp and acrid bile.  
 “ Though we were furnished with the most  
 “ ample conveniencies for travelling, which  
 “ money, or the strongest recommendations  
 “ to the principal Christians, as well as Ma-  
 “ hometan chiefs, could procure, and had  
 “ laid in a quantity of excellent Madeira,  
 “ claret, and other provisions, &c. &c. yet  
 “ most of us suffered in our constitutions,  
 “ by this long and fatiguing journey.

“ Such as travel this way in the sultry  
 “ season, should set out early in the morn-  
 “ ing, or rather travel only in the night, and  
 “ always, if possible, in a covered litter, cal-  
 “ led a Tackaravan.

“ The travellers must seek for repose  
 “ during the heat of the day, in a hut, or  
 “ house, if it can be had, well sheltered  
 “ with a close thick roof;—or they must  
 “ endeavour, if possible, to sleep near the  
 “ banks of a river; and in that case a single  
 “ tent, not painted, will afford an abode  
 “ the



“ the most commodious, next to that of a  
“ house, if the canvas be kept constantly  
“ wet by the servants, from trenches full of  
“ water cut round it.

“ We found lemonade, made with the  
“ extract or juice of lemons, the most grate-  
“ ful and cooling drink, during the sultry  
“ heats of the day; but a glass of strong  
“ wine was absolutely requisite in the even-  
“ ing, to repair our exhausted strength and  
“ spirits. The stomach must never be op-  
“ pressed with full meals.

“ The traveller must not forget to pro-  
“ vide himself with some alum, as the  
“ water of the Euphrates and the Tigris,  
“ though wholesome, is apt to be muddy.  
“ We added a quarter of an ounce of pow-  
“ dered alum to six or seven gallons of wa-  
“ ter, and in about an hour and an half  
“ afterwards the water became quite pure  
“ and transparent. We found no inconve-  
“ nience from the alum; and I am inclined  
“ to think alum is not only an excellent pu-  
“ rifier of thick muddy water, but that in

“ hot



“ hot climates it cools the body, and braces  
“ up its relaxed fibres †.”

† It is a common practice among some apothecaries to put a small quantity of alum in their distilled simple waters, when foul ; which quickly renders them clear and transparent. Though this addition of alum makes the water somewhat hard, yet the small quantity requisite for the purpose does not seem to make common water harder than the Bristol water, so much esteemed in Jamaica and other hot countries, great part of the alum being precipitated with the fæces of the water.



CH A P. IV.

Diseases in the West Indies.

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S E C T. I.

*Comparative degrees of health in the English settlements. Of the French, the Dutch, the Spanish settlements. Diseases. The yellow fever. Whence its most mortal symptoms. A disease similar to it in Cadix: The most violent symptoms of this fever, and of the flux, mitigated by a change of air. The English, French and Dutch accounts of the diseases in the West Indies. The dreadful mortality occasioned by them among the English, at the Bastimentos, Carthagena, and the Havannah.*

WE shall conclude this part of our subject with some observations on the West Indies, and an account of the diseases most common and fatal to Europeans,  
on



on their first arrival in that quarter of the globe.

The most healthy of all the English possessions in that part of the world is the island of Bermudas. Next to which is the island of Barbadoes, if we except that spot of ground upon which Bridge-town, its capital, is situated. The air in many parts of St. Christophers is also pure. That of Antigua is bad : and the climate of Jamaica is reckoned still more unhealthy ; though much less so than it formerly was. The colour of the European inhabitants in the island of Montserrat, is a proof of the salubrity of its air : the same may be said of Nevis.

We are sorry to observe, that in the situations pitched upon for the principal English settlements now made on Granada and the Granadines, but particularly at Tobago, the health of the inhabitants has been a point little attended to.<sup>+</sup> With respect to the settlements of other European nations, we shall here only observe, that the climate of Cayenne has proved very sickly to

*+ See Additions & Corrections.*



to the French; and they prefer the air of ~~St. Domingo~~ <sup>St. Domingo</sup> to that of ~~Martinico~~. At Guadaloupe, Martinico, and in most of the other French West Indian islands, there are low, swampy grounds, commonly called Basse Terre, which are parcelled out to such poor and indigent foreigners as will run the risk of their health and lives in improving them.

The Dutch settlements at Surinam, St. Eustatia, and Curaçoa, are all very unhealthy.

The air in different parts of the Spanish West Indian dominions varies greatly in point of purity, according to the situation of places. Thus the city of Mexico is very healthy, while La Vera Cruz, its sea-port, is remarkable for bad air.

It is observed that the periodical rains, and the sickness which attends them, are much more violent in the hot, marshy, woody or uncultivated places, upon the continent of the West Indies, than upon the adjacent islands.

This



This difference is more remarkable even in many places upon the sea-shore.

Were we to take a survey of the whole coast of the Spanish continent in the bay of Mexico, we should find few sea-port towns or rivers during the rainy season tolerably healthy\*.

Shoals of large and ravenous sharks crowding into the harbours, a dark thick cloud to the southward, with thunder and lightning, slowly approaching, foretel the coming on of the sickly season, and are the awful preludes of those impetuous torrents which in a few days burst from the clouds, and cover with water the whole face of the country. These rains, by their continuance, do so swell the numerous rivers, that the waters of the sea are thereby rendered fresh for several miles, and muddy almost to the distance of ten leagues from the shore.

\* We shall have occasion afterwards to mention many large and extensive provinces in the West Indies, which are blessed with a pure and wholesome air.



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Some of the harbours in that bay, and those generally the most secure, prove fatal to Europeans from another cause. Thus in Port Maho, near to the island of Rattuan, ships lie in a basin of water so environed with very high mountains, that the wind can have no access to them; and in this respect they suffer more than even at English Harbour in Antigua. The stagnated air thence becomes so unwholesome, and so putrid, that the men, after being there a few days, are suddenly seized with violent vomitings, headaches, deliriums, &c. and in two or three days more the whole body putrifies, and the dissolved mass of blood issues from every pore.

In such places the water of the sea itself would probably become putrid, and in a short time destructive to the very fish, was it not kept in motion by a gentle flux and reflux, which may be perceived every day. This circumstance seems to depend on the winds out at sea.

The English settlements in the Bay of Honduras, and on the Mosquitto shore, may  
be



be called healthy, when compared with those of Carpenters River and Rio Morte, or River of Death. This last was so named by the Spaniards, from the death of all those of that nation who at different times have attempted to make a settlement upon it.

In all those places, as in other unhealthy climates, fevers and fluxes are fatal to Europeans; but that disease denominated the yellow fever is more particularly destructive to them.

I have already had occasion to mention that fever†; but having considered this matter with more attention, I am now of opinion,—That the remarkable dissolution of the blood, together with the tendency to putrefaction in the whole body, the black vomit, and the other symptoms which characterize the yellow fever‡, are often acci-

† See Essay on preserving seamen, p. 50th, and Dr. Nafmyth's sentiments in the note subjoined to it.

‡ See several particulars relative to this fever, and the method of treating it, in Part III. Chap. I.



dental though fatal appearances in fevers of the West Indies.

They proceed in such as are newly arrived, sometimes from a gross habit of body, excessive drinking of spirituous liquors, and from being afterwards overheated in the sun; but the intense heat and unhealthfulness of the air does much more frequently produce all these symptoms. This fever was once supposed to have been first carried into the West Indies by a ship from Siam: an opinion truly chimerical; as similar diseases have made their appearance, not only in the East Indies, but in some of the southern parts of Europe, during a season when the air was intensely hot and unwholesome.

This happened in the months of September and October 1764, when excessive heat, and want of rain for some months, gave rise to violent epidemic bilious disorders, (resembling those of the West Indies) in the city of Cadiz in Spain, of which an hundred persons often died in a day. At this time the winds blew mostly from the



south, and after sun-set there fell an unusual and very heavy dew.

This disease began commonly with alternate slight chills and heats, nausea, pains of the head, of the back, of the loins, and at the pit of the stomach. These symptoms were often followed, in less than 24 hours, with violent reachings, and a vomiting of a green or yellow bile, the smell of which was very offensive. Some threw up an humour, black as ink, and died soon after, in violent convulsions, and in a cold sweat. The pulse was sometimes sunk, sometimes quick, but often varying. After the first day, the surface of the body was generally either cold, or dry and parched. The head-ach and stupor often ended in a furious delirium, which proved quickly fatal.

The dead bodies having been examined, by order of the court of Madrid, the stomach, mesentery and intestines were found covered with gangrenous spots. The orifice of the stomach appeared to have been greatly affected, the spots upon it being ulcerated.



ulcerated. The liver and lungs were both of a putrid colour and texture.

The stomach contained a quantity of an atrabilious liquor, which, when poured on the ground, produced a sensible effervescence; but when mixed with spirit of vitriol, a violent ebullition ensued. The dead bodies turned so quickly putrid, that at the end of six hours their stench was intolerable, and in some of them worms were already found lodged in the stomach.

His Majesty's ship the Tweed being at that time in Cadiz bay, several of her men were taken ill when on shore; but by being carried on board, all of them recovered. Neither did the black vomit, or any other deadly symptom of that fever, make its appearance in any of the ships. The dread of this distemper forced many people of fashion to retire into the country; where they remained in perfect safety from it.

The black vomit, the violent hæmorrhages, and the other mortal symptoms of the yellow



fever of the West Indies, are brought on by the same causes, which in the small-pox produce purple spots, and in the dysentery produce a hiccup. This last symptom, in warm climates, is particularly dangerous.

The following observations by Dr. Wind, will serve to illustrate what I have advanced.

The Middleburgh, a Dutch ship of war, sailed from the Texel in Holland, on the 25th of December 1750, and on the 12th March 1751, entered the harbour of Curaçoa, with a healthy ship's company; one only having died during their passage from ~~Curaçoa~~. The air at Curaçoa was foggy and moist, and the weather excessively hot; so that in the beginning of April two very bad diseases distressed the crew; a putrid dysentery, attended with great pain, stench and hiccup, and also a violent fever, accompanied with the black vomit.

They sailed on a cruize the 17th of April. The weather at sea was then moist and rainy: the diseases still continued, but not  
in



in so violent a degree as in the harbour. Those who laboured under the dysentery, were not at sea attacked with the hiccup, and its other bad symptoms ; neither did the black vomit seize those who had the fever, as when in the harbour.

None of those taken ill at sea died of either of these distempers : but when the ship returned into the harbour, in the latter end of April, the former dangerous symptoms returned ; the hiccup attended the dysentery, the black vomit accompanied the fever, and the number of the sick was greatly increased, among whom several died.

I am very sensible, that perhaps one or two persons in the island of Jamaica may be seized with the yellow fever ; nay, that the black vomit may attack a man (for women are not so subject to it) when newly arrived there, without any previous complaint, and when no other person in the neighbourhood labours under it—But from thence we can only infer, that a person may be suddenly seized with the worst symptoms of



a malignant fever, during a very healthy season.

This happens daily, and in all parts of the world. Nothing is more common, than a person's being attacked with an obstinate ague, or flux, in the most healthy seasons and countries: and patients are often afflicted with a petechial fever, where the cause does not proceed from contagion.

But such sporadic diseases are not the present object of our attention, as we treat only of epidemic and general sickness, from causes universally prevailing.

I have perused many English accounts, both in manuscript and print, of this West Indian yellow fever, in most of which the authors agreed only in the common epithet of yellow, from the skin's being frequently tinged with that colour. But the same appearance is also usual in almost all intermitting fevers, in some contagious fevers, and in many others, and so cannot properly be a distinguishing mark of this.



Physicians of other countries, such as the French and Dutch, give various names to the West Indian fevers; neither do they agree in assigning the same names even to the same distempers.

Two French Physicians, who both practised in the island of St. Domingo, have lately published an account of the diseases prevalent in that island †. The first, Dr. Chevalier, informs us, That almost all Europeans who came to St. Domingo, not only from Europe, but from North America, are soon after their arrival attacked with a malignant fever, formerly called *Maladie de Siam*, which differs from the autumnal fever usual in France only in being a more violent and a more dangerous sickness. A later physician, Dr. Poissonniere, who practised three years in that island, says,—The most frequent and fatal fevers which attack Europeans newly arrived at St. Domingo, are either the true *Causus*, or ardent

† *Traité des fievres de l'isle de St. Domingue*, par Poissonniere Deperrieres, M. D. *Lettres sur les Maladies de St. Domingue*, par Chevalier, M. D. &c.



fever in a violent degree ; or another distemper, which is still the *Causus*, or ardent fever, in a less dangerous form.

Both these French authors agree, that the air of this island is extremely healthy to the natives, and to such Europeans as have been seasoned to the climate.

But they do not seem to have had proper opportunities of observing the worst symptoms which attend the distempers so peculiarly fatal to Europeans, on their arrival in the West Indies.

Dr. Rouppe, a Dutch physician, has, in my opinion, furnished us with the best description of these diseases, when raging with their utmost violence in a Dutch ship of war, at the island of Curaçoa, and assigned the most proper epithets for them, viz. Colliquative, putrid, and spotted fevers, the cholera and dysentery ; or as we may otherwise translate them, Malignant fevers, violent bilious disorders, or the black vomit, and the bloody flux. I have therefore, in a note, given his own words, as



no account can be more full, clear and masterly.

There is a large field for medical observations, during a very sickly season in the West Indies, when thousands of Europeans are sent thither at once, in case of a war in that part of the world. We then find the face and appearance of diseases the same as they are most accurately described by that learned and able physician †.

The

† Anno 1760, Primo die Augusti, ad insulam S. Eustachii appulimus. . . . Die undecimo ejusdem mensis, ad insulam Curaçoa direximus iter. . . . Die decimo nono, portum Curaçoa intravimus, & tunc viginti ægrotaverunt; inter quos nonnulli capitis doloribus sine febre, nonnulli vero colica biliosa laboraverunt, sed levi cura in pristinam sanitatem restitui poterant.

Rouppe de Morb. Navigant. pag. 68, 69.

In initio commorationis, (apud insulam Curaçoa) uti supra diximus, morbi, qui maxime occurrebant, fuerunt capitis dolores, colicæ biliosæ, sanationem facile admittentes; hæ vero mutabantur in cholericas affectiones, primis longe graviores, periculosioresque, qui-

bus



The memorable destruction of admiral  
Hofier's squadron, at the Bastimentos, was  
begun

bus mirum excruciabantur ægri. Inceperunt autem  
cum ingenti ardore circa præcordia, alvi torminibus,  
miro angore, & inquietudine, quæ subsequabantur bi-  
liosæ dejectiones, tam per superiora, quam per inferi-  
ora, cum ingenti virium prostratione; multi sudore per-  
fundebantur frigido; hæc si perrexerint, imprimis si  
simul febris accesserit, quemadmodum in nonnullis con-  
tigit, cum pulsu magno, qui ut plurimum per decem  
circiter horas permanfit, intumescere tunc inceperunt  
labia, facies lurida evasit; remittente dein febre san-  
guinem fuscum sat copiose vomitu rejecerunt, & hi fere  
omnes obierunt, & quidem paucis horis post hujus  
symptomatis apparitionem: nonnulli eandem mate-  
riam, sed nigriorem, tetrumque spargentem odorem,  
alvo excernebant, sed malum sanationem admisit; si-  
mile quid in quibusdam contigit, qui febre afficieban-  
tur, licet dejectiones non urserint. Alios assueto modo  
incessit biliosa febris, & quantum videre potui, hi  
maxime fuerunt Juvenes, vel mediæ ætatis, robusti, &  
ante morbum alacres; cum ardore nempe circa præ-  
cordia, bilis vomitu, vel vomendi conatu, & siti fere  
inextinguibili; quidam horum in principio levibus fri-  
goris, & caloris vicissitudinibus afficiebantur; dein sub-  
sequebatur urens in toto corpore calor, cum pulsu  
magno, pleno, & celeri; lingua fuit subflava, albicans,  
sæpius



Ch. IV. *different Parts of the West Indies.* 123

begun by the scurvy, and compleated by the malignant West Indian fever and flux.

In

*sæpius limbo viridi in margine cincta, madida semper manfit.*

Pergente morbo, in nonnullis secundo, in aliis tertio die, sponte minuebatur calor, & pulsus naturalis ex improvise reddebatur, qui sensim sensimque minor evasit, & tandem parvus, & tremulus; apparentibus in nonnullis petechiis, imprimis circa pectus, brachia, & internam femorum partem, in nonnullis magnas lividas vidi maculas; hæc autem fiebant cum tanta virium prostratione, ut ægri minimo motu in animi deliquium caderent; sudor præterea copiosissimus in toto corpore suboriebatur; ægri insuper anxii, inquieti, leviter delirantes, admodum incuriosi, nihil æstimantes, nihilque querentes, evaserunt; attamen ad quæsitæ fere semper recte responderunt. In nonnullis, decidente pulsu, suboriebatur ingens circa præcordia ardor, labia leviter intumescebant, facies evasit lurida, brevi post accedebat vomitus fuscæ materie, & tandem mors: alii ardore, & alvi torminibus divexabantur, atque tetrum subnigricantem sanguinem alvo ejecerunt. In nonnullis secundo, in aliis tertio vel quarto die flavescere inceperunt oculorum album, & cutis, quod mali fuit ominis. Lingua insuper de die in diem albidior, & tandem tremula evasit, semper in dorso jacuerunt ægri. Sic autem pergente morbo, nonnunquam secundo, vel tertio,



In the year 1741, no sooner had the rainy season set in at Carthage, where the English

tio, sed ut plurimum quarto die accedebat tranquilla mors. . . . . Sanguis, in calore febris vena emissus, læte rubebat, concrevit, serumque separavit, uti in Europa, subflavum; qui vero vi morbi restiterint, & quintum aut septimum diem attigerint, ut plurimum furunculis vel pustulis parvis rubris dolentibus, admodum difficile in suppurationem abeuntibus, varicellarum confluentium adinstar, fere in toto corpore tegebantur. . . . . Tandem maxima ægrotantium pars, imprimis, qui trigesimum prætergressi fuerunt annum, & quibus mali corporis habitus erat, dum morbo corripiebantur, conquesta est, de dolore, & ardore circa præcordia, cum vomendi conatu; sed pauci vomuerunt, pulsus in nonnullis per aliquot horas increvit, sed brevi iterum naturali similis factus est, & dein parvus: cutis calor naturalis fuit, lingua madida, & alba; copiosus sudor, primo jam morbi die, in toto corpore prorupit, nullæ tamen apparuerunt maculæ. Ii, quibus sudor parvus aut nullus erat, copiosis nigris, & foetidissimis dejectionibus, cum alvi torminibus vexabantur, insuper lipothymiis quam frequentissime corripiebantur: si vero evacuationes hæ parum cessabant, aut notabiliter minuebantur, & sudor copiosior non evasit, tunc admodum angebantur ægri; hic autem, si copiosius prorupit, longe melius se habuerunt: tandem in omnibus pertinacissime, ab initio ad finem usque permanserunt



lish troops lay encamped, than the same variety of diseases, then remarkably malignant, became also contagious, and destroyed the greatest part of that army; the poor remains of which were almost totally cut off in the sickly season upon the island of Cuba.

But as the Havannah is not quite so unhealthy as either Carthagená or Curaçoa, so in the late expedition to that part of the world, though the English troops suffered

manferunt vigiliæ, &c. Juvenis 18 circiter annorum mane bene se habuit, verum circa decimam matutinam de capitis dolore & cæteris febricitantium symptomatibus conquestus, pulsus magnum, plenum, & celerem habuit. Secundo die ad vesperam sanguinem fuscum vomitu copiose ejecit. Tertio autem obiit. Alius, 16 annos natus, vesperi bene se habuit, mane alterius diei, in strato sensuum expers inveniebatur; corpus examinavi, quod subtumidulum, maculis lividis conspersum, pulsu fere in toto carens inveni; insuper prodibat ipsi sanguis ex aure sinistra, naribusque nigerimus, gustu subdulcis, qui aliquot horas post mortem fluere perrexit; cadaver vero brevi in integrum livescebat, & tetrum halitum emisit.

Roupe de Morb. Navigant. pag. 304, & seq.

greatly



greatly during the siege of that place, in the sickly season, yet their diseases, though rendered very mortal, from want of good water, and from other circumstances, were in general less violent and malignant than those which raged at Carthagera.

The following is a letter I received from a gentleman on that expedition, dated 24th of October 1762.

“ I think myself extremely happy in  
“ being among the number of the living,  
“ considering the deplorable condition we  
“ are now in. You will hardly believe me,  
“ when I tell you, that I have only 33 men  
“ of my company now alive, out of 100  
“ which I landed. Our regiment has lost  
“ 8 officers, and 500 men. They mostly  
“ died of fluxes and intermitting fe-  
“ vers, the general diseases here. The  
“ other regiments have lost in proportion.  
“ We are now very sickly, as you may  
“ imagine, when out of 17 battalions here,  
“ we cannot muster 600 men fit for duty.  
“ The appearance of this country is most  
“ beautiful, and its natural advantages are  
“ many ;



“ many ; yet a man’s life in it is extremely  
“ uncertain, as many are in health one  
“ morning, and dead before the next.”

This naturally leads me to enumerate  
the most certain signs or proofs of an un-  
healthy country.

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## S E C T. II.

*Signs of an unhealthy country. A digression.*

**T**HE first proof of an unhealthy coun-  
try which I shall mention, is a sud-  
den and great alteration in the air, from in-  
tolerable heat to a chilling cold. This is  
perceived as soon as the sun is set, and for  
the most part is accompanied with a very  
heavy dew, and shows an unhealthy, swampy  
soil ; the nature of which is such, that no  
sooner the sun-beams are withdrawn, than  
the



the vapour emitted from it renders the air raw, damp and chilling, in the most sultry climates; so that even under the equator, in some unhealthy places, the night air is very cold, to an European constitution.

The second is, thick noisome fogs, arising chiefly after sun-set, from the vallies, and more particularly from the mud, slime, or other impurities. In hot countries, the scent of these fogs may be compared to that of a new cleaned ditch.—Diseases therefore arising from these causes, do generally take place in the night, or before sun-rising.

The third is, numerous swarms of flies, gnats, and other insects, which attend putrid air, and unhealthy places covered with wood.

The fourth is, when all Butchers meat is soon corrupted, and in a few hours becomes tainted, and full of maggots: when metals are quickly corroded, on being exposed to the open air: and where a corpse becomes intolerably offensive, in less than six hours.

These



These are all proofs of a close, hot, unwholesome and unventilated spot. And in such places, during excessive heats, and great calms, it is not altogether uncommon, especially for such Europeans as are of a gross habit of body, to be seized at once with the most alarming and fatal symptoms of what is called the yellow fever, without even a previous complaint of sickness, or other symptoms of the disease. There has first been perceived an uneasy itching sensation commonly in the legs, and upon pulling down the stocking, streams of thin corrupted blood followed, a ghastly yellow colour quickly diffused itself over the whole body, and the patient has been carried off in less than 48 hours.

The fifth is, a sort of sandy soil, such as that at Pensacola, Whydah, and the island of Bonavista, (commonly a small, loose, white sand) which is found by experience to be injurious to health. The pestiferous vapour arising during the summer months, and in the heat of the day, from such sandy deserts, in South America, in Asia, and in Africa, can only be characterized by its

K

effects.



effects. This blast, which is called the Samiel wind, proves instantly fatal both to man and to beast, in the hot sandy deserts; but when it passes over a soil covered with grass and vegetables, its effects are mitigated.

Thus the southerly winds, while they blow from the deserts of Lybia, during the summer, at Algiers, Tunis and Tripoli, produce an unhealthy season. This happens also at Madras, where the winds, in the months of April and May, passing over a large track of sand, are always hot and disagreeable.

Sudden gusts also of a hot and suffocating wind are then often observed to come from those sands, once or twice, or even more frequently a-day. These gusts pass very quickly, and affect persons who happen to be standing with their faces towards them, in the same manner as the hot air which issues from a burning furnace, or from a heated oven, and obliges them immediately to turn from it, in order to recover breath. The effects of this hot suffocating blast or vapour on the human body, even when



mitigated by passing through a moist atmosphere, is the same as that of intense cold; it shuts up every pore of the skin, and entirely stops the perspiration of such as are exposed to it.

These gusts come only in the day-time, and always from the same quarter, that is, from the desarts. Water is the only known antidote or corrector of this vapour: hence coarse thick cloths, kept constantly wet, and hung up at the windows or doors, mitigate its violence, and lessen its effects; and a house so built as to have no doors or windows fronting the desarts, affords also an excellent protection to those who live in it.



## S E C T. III.

*Concerning such employments as generally prove fatal to Europeans, in hot and unwholesome climates.*

**I**T may not be improper, in this place, to point out some services, which are of such a nature, as cannot well be performed in hot and unhealthy countries by Europeans, especially by such as are lately arrived, without imminent danger of their health and lives.

The first is, that of cutting down woods, or clearing the ground from trees, shrubs, &c. I might produce many instances of the fatality of this employment, but shall here mention only two.

At the conclusion of the late peace, the captain of a ship of war went on shore at the island of Dominica, with twelve of his men, to cut down the wood, and to clear a piece of ground, which he intended to have  
pur-



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purchased ; but in a few days sickness obliged them to desist from this dangerous work, the captain and eleven of his men being seized with violent fevers, which terminated in obstinate intermittents, and of which several died. The survivors suffered so much in their constitutions, that even after they came to England, the return of an east wind was apt to bring on a violent fit of the ague and fever.

The Ludlow-Castle, a ship of war of 40 guns, in a late voyage to the coast of Guinea, lost 25 of her men at Sierra Leon, who were employed in cutting wood for the ship.

This is an occupation which has often proved destructive to Europeans in those climates, and in which they ought never to be employed, especially in the rainy season ; there being numberless instances of white persons, when cutting down the woods at that season, who have been taken ill in the morning, and dead before night. The extreme danger of this work would even render it a proper punishment for such con-



victs as were saved from the gallows for this purpose.

If the purchasing of negroes on the coast of Guinea can be justified, it must be from the absolute necessity of employing them in such services as this is. It does not seem consistent with British humanity to assign such employments to a regiment of gallant soldiers, or to a company of brave seamen.

The sending Europeans in open boats, after sun set, where the soil is swampy, or where there are great night fogs, is another evil less known, and less suspected, but no less dangerous.

The single duty alone of fetching fresh-killed butchers meat at night for the use of our ships companies in the East and West Indies, has destroyed every year several thousand seamen. In those parts of the world, butchers meat must be brought on board at night, immediately after it is killed, otherwise it will not be fit for use the next day : but surely a contract for sending it on board at that season, might be made with the natives,



tives, for a trifling sum of money ; and it ought to be considered that this trifling sum is advanced for the preservation of many lives.

During the sickly season at Batavia, a boat belonging to the Medway, which attended on shore every night, was three times successively manned, not one of her crews having survived that service. They were all taken ill in the night, when on shore, or when returning on board ; so that the officers were at length obliged to employ none but the natives of the country on that business.

Great numbers of men have perished, from being employed in this manner at Bengal, where the European ships often anchor in the most unhealthy parts of the river ; and even when the great night fogs arise, after the rainy season, the men are often obliged to perform such night services in boats.

Now, since it is so dangerous for Europeans in unhealthy countries, particularly



during a season of sickness, to be exposed in an open boat to the foggy night air, it must appear that sending them unsheltered, in open boats, far up rivers, in unhealthy southern climates, for the sake of wood, water, trade, or other purposes, must be attended with the most destructive and fatal consequences.

The best preservative against the mischievous impressions of a putrid fog, a swampy, or of a marshy exhalation, is a close, sheltered and covered place; such as the lower apartments in a ship, or a house in which there are no doors or windows facing these swamps. If, in such places, a fire be kept either at the doors, or at other inlets into a house, (as is practised in some unhealthy countries, during their rainy or noisome foggy season) or in the hatchways of a ship, these fires, together with the smoke, prove an excellent and effectual protection to those within against the injuries of a bad air. Of many examples which might be offered, to prove this, I shall only give one.

When



When the Edgar, a ship of war of 64 guns, was upon the coast of Guinea, in the year 1765. her men were very sickly, and many of them died : whereas it was observed, that in a sloop of war, which was constantly in company with her, few were taken ill, and not one died during the whole voyage. This could be ascribed to no other cause, but that in the sloop the fire-place for cooking victuals was on the same level with the deck, upon which the men lay ; and every morning, when the fire was lighted, especially when there was but little wind, the smoke from the cook-room spread itself all over the ship, and particularly over these parts where the men lay ; but from the construction of the fire-place in the Edgar, no smoke from it ever came between her decks.

Persons on board any ship whatever, are much more safe, and their situation is infinitely preferable to that of those who make distant inland incursions in small boats upon the rivers, in unhealthy tropical countries, and who are for the most part totally ignorant of the sources of the diseases and deaths which surround them.

The



The intolerable scorching heats at noon often oblige such persons to go in a manner half naked, their cloathing being almost insupportable; while a free and plentiful perspiration issues from every pore. In the day-time, the swampy shores emit a smell resembling that of putrid flesh, or corrupted carrion; and a near approach to such putrid swamps is then apt to produce an immediate sickness, a vomiting, and afterwards a low, nervous fever †.

But if they happen to pass them at night, or lie near them in an open boat, the air

† In such circumstances, a vomit taken immediately, and a change into a pure air, will often prevent a fit of sickness.

A company of gentlemen belonging to his Majesty's ship the Phoenix, taking the diversion of hunting and shooting at the mouth of the river Gambia, by following their game into a large swamp, were all of them affected by its putrid effluvia. They were immediately seized with a sickness, vomiting, head-ach, and a constant hawking and spitting, from the disagreeable smell, which (as they expressed it) seemed to remain in their mouth and throat. Upon their returning to the ship, each of them was ordered a vomit, which immediately removed all those complaints.

from



from those swamps is perceived to be quite chill and cold ; infomuch that warm, thick cloathing becomes absolutely requisite, to guard the body against the impressions of so great an alteration in the air, and of its cold and inclement quality. The smell of the swamps, and of the vapour arising from them, at this time, resembles the unwholesome scent of a ditch lately cleaned. And the effect upon the most healthy and vigorous constitution, is often a chilling cold fit of an ague, terminating in a fever, with delirium, bilious vomitings, a flux, or even death itself.

I hope, what has been said on this subject, will serve to excite some tender feelings of humanity in such as have the direction of our trade and ships abroad ; as nothing can be more inhuman than sending unseasoned Europeans high up from the mouths of the rivers, into an uncultivated country, especially during the rainy season, and where there is no shelter from the pestiferous nocturnal air †. This practice is the more inexcusable,

† It may be here expected, that where such duties are unavoidable, those who undertake them ought to



excusable, as the points gained by it may generally be accomplished by other means.

be furnished with some precepts for their preservation.

I would advise all who are employed in cutting down woods, or in other laborious and dangerous services in hot climates, during the heat of the day,—to have their head covered with a bladder dipt in vinegar,—and to wash their mouths often with vinegar,—and in unwholesome places never to swallow their spittle,—but rather to chew a little rhubarb, or some other bitter, and spit it out frequently,—to stop their nostrils with a small piece of linen or tow, dipped in camphorated vinegar,—and to infuse some bark, garlic and rhubarb in brandy, of which a dram may be taken either by itself, or diluted with water, morning and evening.

When the nocturnal chill fog has made an impression upon the body, a vomit immediately administered near a good fire, and the benefit of a plentiful sweat after it, will often prevent fatal consequences. But if any symptoms of a low fever still continue, let a blister be applied; and when the fever intermits, let the bark be immediately taken, to the quantity of a quarter of an ounce, or more, in red wine, every two hours, and the patient quickly removed into a better air.

If



If it be done for the sake of wood, water, or other necessities of life, there are few places in the world where these cannot be brought into a fort, factory, or a ship, by the natives, and such others as are perfectly seasoned to the country.

If it be done for the sake of trade, might not this be effected with equal advantage, by having the trading boats or vessels rowed or managed by the natives; who are generally much better acquainted with the navigation of the rivers in their own country than strangers are?—And in this case, an honest native factor, or at least one or two white people long seasoned to the climate, will be sufficient to superintend the cargo.

I am sensible that it is not uncommon to meet with gentlemen who have been long in the East and West Indies, who treat all the apprehensions of sickness in those climates as imaginary, and the precautions against them as needless and chimerical. It is probable they might never have been employed in such services as I have mentioned,  
and



and perhaps they have not resided much during the sickly seasons in very unhealthy places, or at least may have been so fortunate as to enjoy good health, which many have done, when well seasoned to such climates.

These persons I shall address, in the words of Cicero to his friend at Baiæ. I must only observe, that this delicious winter retreat of the ancient Romans was remarkable then, but much more so at present, for its unwholesome air during three months in the summer. “*Gratulor Baiis nostris: siquidem*  
“ *ut scribis, salubres repente factæ sunt:*  
“ *nisi forte te amant, et tibi assentiuntur, et*  
“ *tamdiu, dum tu ades, sint obliti sui.*  
“ *Quod quidem si ita est, minime miror,*  
“ *cœlum etiam et terras vim suam, si tibi*  
“ *ita conveniat, dimittere.*”

It is not the intention of this treatise to disturb such favourable opinions as these, which it is proper should be entertained by all those whose station in life requires submissive obedience, without speculation.

A total



A total ignorance of these important matters, or inattention to them, are, in commanders in chief, highly blameable, as well as extremely dangerous: the lives of thousands may be lost by it.

END OF PART I.



A total ignorance of the important nature of instruction to the negro, in common with the high philosophy, as well as extremely dangerous: the lives of thousands may be lost by neglect of such education.

It is a great pity that the same ignorance should prevail in the minds of the white people, who are so much more capable of understanding the importance of such instruction.

END OF PART I.

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A D V I C E  
T O  
E U R O P E A N S.

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P A R T II.

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C H A P. I.

Advice for the preservation of Europeans who reside near the sea, in hot climates.

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S E C T. I.

*Positions founded on the preceding narrative,  
interesting to all who go abroad.*

THE observations which we have made concerning the various climates in the four grand divisions of the world, point out those diseases which are

L

most



most fatal to Europeans in different countries abroad.

It now remains to deduce some useful conclusions from these observations.

The first is, that the diseases of strangers in different climates bear every where a great similitude to each other ; and that the violence or malignity of the fevers and fluxes, with which they are often afflicted, depend in a great measure upon the degrees of heat and moisture, but more particularly upon the nature of the soil and of the winds.

The constitution of Europeans, by length of time, becomes seasoned to the East and West Indian climates, if it is not injured by the repeated attacks of sickness upon their first arrival. Europeans therefore, when thus habituated, are generally subject to as few diseases abroad as those who reside at home ; in so much that many persons, dreading what they may be again exposed to suffer from a change of climate, choose rather to spend the remainder of their lives  
abroad,



abroad, than to return to their native country.

Secondly, It appears that there is scarcely any country which can be mentioned, that has not its healthy and pleasant seasons : these continue for the greatest part of the year. At such times it may with safety be visited by strangers.

Thirdly, The most unhealthy spots in the world have in their neighbourhood, and often at no great distance from them, places which afford a secure retreat and protection from diseases and death, as has already appeared in part, but will be more fully proved in the sequel.—In a word, the diseases most fatal to strangers in every country, seem not only to be confined to particular seasons, but even during those seasons to certain places only.

These positions are very interesting to all who go abroad ; and they lead us to the important object of this treatise, the preserving annually a multitude of lives, as they point clearly out to us the easiest and the most



effectual method for accomplishing that great purpose.

Strangers should always leave those unhealthy spots for a few months during the sickly season, until they become well inured to the climate. This removal to a small distance from the seat of sickness promises a security at least equally certain with the method now taken by Europeans, of shutting themselves up in their houses, and having no communication with the natives, during the rage of the plague in Turkey. It is likewise a precaution, upon which the absolute safety of strangers in unhealthy climates may alone depend.

One cannot, without astonishment, see the absurdity of mankind, in never thinking of this so simple and easy a method, which their own observations must have every day pointed out to them : yet our factories abroad have never paid any attention to it, and a proper method of doing it has never been recommended to them.



## S E C T. II.

*A convenient and safe retreat from sickness pointed out.*

**I**T may, at first sight, appear almost impracticable to find a convenient and safe retreat from the sickness which rages at times in many foreign climates. Mankind are much more ready to start difficulties on this subject, than desirous to remedy the evil. Some will be ready to ask, for instance, Where can that safe retreat be found, on the coast of Guinea, in the rainy season, when the whole country is almost covered with water?

The proper answer to this question is, That all places on that coast are not equally unhealthy. The English found the island of Goree much more healthy than their settlements either on the river Senegal or Gambia, and there fewer people died in proportion, than in the adjacent parts of Africa. But we shall see from the follow-



ing circumstance, that retreats of safety may be even found upon that coast.

The Portuguese, finding that almost all the European missionaries whom they sent to propagate the Christian faith in Guinea, died soon after their arrival, found it necessary to establish a seminary of learning at St. Jago, for the instruction of black priests. But as the canon law of their church does not permit those of the black colour to rise to the dignity of a bishop, persons of this order were always sent from Lisbon; and their lives at St. Jago were generally so short, that whoever was appointed bishop to the Cape de Verd islands, considered himself as sacrificed to the climate. Some years since, a sensible prelate, dreading the fate of his predecessors, procured a dispensation of absence from his cathedral, and was permitted to live in the island of St. Antonio. In consequence of this dispensation, the European bishops now live in this island, at a small distance from their cathedral, to as great an age, and in as good health, as if they had continued at Lisbon.

It



It is beyond a doubt, that on many other places of that coast, there are many dry, elevated, and well ventilated spots, which, by being thoroughly cleared of wood, might be rendered healthy to European constitutions. We shall only mention the high hills of Sierra Leon, upon whose summits the air is clear and serene, while thick mists and noisome vapours overspread the lower grounds: yet even in this place the English inhabit a low valley, merely for the benefit of a spring of good water; the carriage of which, to any part of that hill, might be easily performed by slaves.

It is astonishing to observe, that while one third of the Europeans, in many of their factories, die annually, by the unhealthful climate, they permit their negroes to lie idle or asleep the greatest part of the day, when they might be usefully employed in clearing the ground, draining the swamps, and either in burning or cutting down the woods and shrubs, or at least in opening avenues through them for purifying the air.



The mortality of those Europeans must not therefore be attributed so much to the malignity of the climate, as to their own ignorance and inattention. A foreigner who fixes his abode upon a sickly spot in England, as for example at Hilsea \* Barracks, in the island of Portsea, must not reckon the climate of Great Britain unhealthy, because he suffers from the disadvantages of so bad a situation.

In sultry climates, the smallest errors of this kind are attended with much more fatal consequences than in our northern latitudes. —The English castle at Whydow has been rendered more unhealthy than the negroe town in its neighbourhood, by a small circumstance, unattended to at first. It is built on a spot of ground that the sea-breezes cannot reach, without passing over a little inconsiderable brook of water, which pro-

\* Barracks well known to most of the officers in the army, for the prevalence of obstinate autumnal diseases, which frequently rage at that place, and are confined to it alone.

duces



duces some aquatic plants, always covered with a putrid slime.

During the present uncultivated state of Guinea, it is not probable that the Europeans will form any considerable inland settlements. Their chief factories are situated near the sea: those therefore who reside in them can scarcely have any where a better and more excellent retreat than on that healthy element, in the sickly season. In another work \*, I have clearly shown, that the sea air affords a certain asylum in all hot and unhealthy countries.

It will occur to the reflection of all who have visited such places, that the sea breezes bring always health and a pleasant sensation along with them.

We have already observed, that during the summer and autumn 1765, when fevers raged at Portsmouth, and in such ships as

\* Essay on preserving seamen, p. 63 to 67, and Papers on Fevers, p. 34 & 35.



lay in that harbour, near the mud, the men who were in the ships at Spithead enjoyed perfect health. I likewise remarked, that for three months, when this epidemical sickness prevailed most, there was not one seaman or mariner sent to Haslar hospital, who had been seized with it in any ship at Spithead.

When the violent and fatal sickness raged at Cadiz, it did not extend its influence to any ship which lay at a distance from the city; as I am informed by Dr. Maguire, an eminent physician of that place. His Majesty's ship the *Tweed* was then at anchor in Cadiz bay: an officer and several of her men, who had been on shore, were seized with this fever; but all those who were sent on board their ships recovered, no bad symptoms appearing in their fever; whilst a disease, similar to the black vomit and the yellow fever, and equally mortal, depopulated that great city.

I observed before, that admiral Broderick's squadron lay at anchor off the island of Sardinia, in perfect safety from those fatal diseases which seized almost all his men  
who



who slept on shore. And lately, when a mortal sickness, in the year 1765, prevailed at Pensacola, by which a regiment newly arrived there lost 120 men; and it is said, that eleven out of twelve of the officers ladies, who were landed with them, also died; the companies of the men of war, lying at one mile's distance from the shore, enjoyed the most perfect health; as indeed did most of those who lived without the fort.

These ships were the Tartar and Prince Edward, of whose men those only who had been on shore were seized with this malignant fever, and all of them recovered when they got on board. It was likewise remarkable, that such gentlemen as were seized with this fever at Pensacola, and carried on board ships, either quickly recovered; or at least, by this change of air, the fever being divested of its most mortal symptoms, soon assumed the form of an intermittent.

From what has been said, we are not to infer, that such as live in ships are always exempted



exempted from the diseases of the adjacent country: the reverse of this is often felt by our seamen, who sometimes from accidents unavoidable, and often from an ignorance almost unpardonable, suffer more dangerous sickness than even many who live on shore.

Thus I am informed by Mr. Martin, surgeon of the *Cataneuch*, a Guinea trader, that when he was in Gambia river, in company with four other ships, the men in one of those ships were daily taken ill of fevers and fluxes, and several of them died delirious; while all the English in the other ships, and in the factories, were in perfect health: but upon removing that ship about half a league from her first anchorage, which was too near some swamps, her men became as healthy as those in the other ships.



## S E C T. III.

*Floating factories recommended.*

**T**HE just inference then from all that has been said, is, that if a ship, or floating factory, was established in a proper place, and at a due distance from the shore, at the mouths of the rivers Senegal and Gambia, at Cape Coast, and all other places where it may be found necessary and safe, it would be a means of preserving every year a multitude of lives, especially on the Guinea coast.

The idea of a floating factory is not new to those who have been in Guinea: ships so called, have been securely moored on different parts of that coast, for the advantage of trade. But they are here proposed for the benefit of health, without which there is very little comfort even in the advantages of commerce.

Such as have only seen merchants ships or coasting vessels, and are unacquainted with



with the many conveniencies which may be made in a ship, for the accommodation and entertainment of people of the highest rank, and of the most exquisite taste in luxury, will think it ridiculous to advise governors and principal merchants to sleep, or live for three or four months in the year, on board a ship.

But we must not confound our idea of people, pent up in a small ship, or in a vessel at sea, undergoing all manner of hardships, suffering extreme hunger, incessant fatigue, and frequent disappointments, with the situation of persons living at ease, in a commodious ship, furnished with all sorts of necessaries, by means of a daily intercourse with the country.

The admirals of our fleets, and captains of our ships of war, find in few places abroad better entertainment, or more convenience, than in their own ships. In like manner, a floating factory may be fitted up, in any taste whatever, either for convenience or pleasure.

Mr.



Mr. Doidge, late secretary to admiral Watfon in the East Indies, upon his return home, being in an ill state of health, having always found himself better when at sea, or on the water, contrived a vessel of a commodious form, to which he gave the name of the Ark, and in which he had resolved to spend much of his time. This little floating house contained a wine and coal cellar, a kitchen, a dining room, and a sleeping room, elegantly furnished, and an apartment for his servants. In this floating mansion he proposed to reside during the heat of the summer, as a pleasant and cool retreat, for the benefit of his own health, as well as for the entertainment of his friends.

Now if, in addition to the many conveniences which a ship, properly fitted up, would afford to the gentlemen in any factory, we consider health and preservation as principal objects of their attention, the propriety of establishing such floating factories, where it may be found necessary and safe, can scarcely be questioned.



They are proposed as a safe retreat from sickness during the rainy season, and for a few weeks after it, until health be restored to the country. They will also afford a pleasant retreat into a pure air, which will establish health of body, and cheerfulness of mind, at a time when thick fogs and rains render the houses on shore disagreeable, moist and uncomfortable.

The sickness which might attack at this season any of the gentlemen on board the vessel, would be slight: it would probably be no more than a gentle diarrhœa, or a bilious complaint, which could be easily removed. I am almost morally certain, that if, together with attending to those directions which I gave on a former occasion, for preserving a constant purity of air in ships †, they would keep a fire, especially during the night, between them and the land effluvia, it would be extremely conducive to health. This might be easily done in a country where labour and fuel ‡ are of small value: besides,

† See Essay on preserving Seamen.

‡ In order to avoid insects, let the wood or fuel brought from the shore remain always in a boat until  
it



besides, the fire might be employed in distilling fresh from the sea-water; so that, by this means, they might have the air purified, and at the same time be supplied with the most wholesome drink.

The vulgar and erroneous opinion of the sea air being the cause of scorbutic and of other violent disorders, to which seamen in long voyages are subject, I have already confuted in my Treatise on the Scurvy, and also in my two Discourses on Fevers and Infection, read before the Philosophical Society at Edinburgh.

But even after using the means we have just mentioned, it may be also necessary to attend to some directions which I have given in the Essay on preserving health in those climates: they should refrain from intemperance and excesses of every kind. We do

it is used, as it commonly abounds with noxious vermin, and therefore ought never to be placed in any close confined part of the ship; or it may be put with other lumber, in a small tender, moored near the floating factory.



not recommend to them to use any medical regimen, but to observe an habitual regularity. And as a proof of what may be done, by a proper attention to those directions, in the most sickly seasons and climates, I shall subjoin the following particulars, communicated to me by Mr. Boon, who resided for three years at Senegal, as surgeon general to the troops.

Mr. Boon being furnished with a copy of my Essay on preserving seamen, he and several of the officers followed the directions therein contained. Governor Worge, Mr. Boon, and others, drank every morning for breakfast, by way of tea, an infusion of the bark, or of some other bitter ingredient, such as chamomile, gentian, orange-peel, or the like, in warm water. Sometimes they mixed with their tea a small quantity of the tincture of bark. They drank these bitters morning and evening, and took a gentle dose of manna with purging salts once or twice a week. They were abstemious in the article of food, and were particularly careful not to drink wine or spirits to excess: by which means their stomachs and bowels were preserved



served in such a state, as greatly resisted the attack of those bilious fevers, fluxes, and other disorders, which raged with destructive violence during the sickly season. Experience had so fully convinced them of the efficacy of those means, that the use of them became general; and when their stock of bark was exhausted, the most common bitter herbs or roots sold at an extravagant price.—Much about this time, a ship from New-York arrived at Senegal, which had on board some bark, and a quantity of gentian-root, orange-peel, and common wormwood, together with some bottles of Stoughton's drops. These bitters became a valuable cargo for the proprietor, and were bought up at a high price by the governor and others who could afford to purchase them.



## S E C T. IV.

*A change of air useful in fevers. Objections answered.*

HAVING thus directed such expedients as will afford an effectual protection to the merchants, and all our factories near the sea ; and having recommended a plan for all newly arrived Europeans, to preserve them from sickness, in the most unhealthy seasons and climates ; we now proceed to offer some further directions, for the benefit of such as either neglect those already given, or who, from various circumstances, cannot put them in practice. There may be many whose indispensable business requires their constant residence in unhealthy places ashore, and who must therefore be exposed to the violent attacks of sickness. In this case, the preservation and perfect recovery of such persons will in a great measure depend upon an immediate change of air, when they are seized with the prevailing sickness of the country.

I ac-



I acknowledge it to be a new thing, to propose the immediate removal of a person labouring under a violent fever, to some distant place, let the symptoms be what they will. —It may be objected, that the gentlest motion will, in many such cases, affect the head, bring on a delirium, or increase the symptoms of the disease. It may further be urged, that as uninterrupted rest and quiet are so necessary to the welfare of such patients, the hurry of motion, and even the disturbance produced by taking them out of bed, but especially by exposing them to the open air, must be highly injurious.

The experience of many years in these matters has convinced me, that such apprehensions of danger are vulgar, groundless and erroneous ; and I assert it, as a certain truth, which I have had the most ample means of knowing, that persons labouring under fevers, fluxes, and other diseases, may with great safety be moved from one place to another : nay more, that by a removal of them, with proper care, from an impure to a pure air, such patients received immediate benefit. Of many thousand patients af-



afflicted with fevers, whom I have visited in Haslar hospital, for eight years past, nine tenths of them were moved, during the continuance of their fever, either from Spithead, from the ships in the harbour, or from the marine infirmary at Portsmouth: and I do not remember that any patient was injured by being carefully brought in a boat, or otherwise, to the hospital; on the contrary, I am persuaded that many hundreds, afflicted with the most dangerous and malignant symptoms of that disease, have received great benefit by a removal from the foul air of their ships, into the pure air of the hospital.

This objection being obviated, the first step then to be taken for the preservation of such Europeans as are taken ill on shore, during the rage of an epidemic sickness, is to remove them immediately as far as possible from the main cause, and perhaps the only source of their sickness; that is, from the land into the sea air.



## S E C T. V.

*Medicines ineffectual in a bad air. Effects of unwholesome air on persons in health; and on such as are sick. Consequences of removing the sick in fevers, from an impure, into a pure air.*

THE following relation is not unapplicable to our present subject. I was lately desired to visit an alms-house, in which a low malignant fever prevailed, which had proved fatal to several of the poor people lodged there. The apothecary informed me, that he had treated this contagious fever in the most approved way, and with such remedies as are prescribed by writers of character on infectious fevers, without being able to stop the progress of the disease, or its mortality. Upon entering into this house, I perceived two or three dead bodies lying in the same chamber with the sick.—Upon the beds of such as had died, new patients were laid,



and the chambers abounded so much with stench and putrefaction, that without asking the sick any questions, or inquiring farther into their cases, I gave it as my opinion, that as long as there remained such a constant source of infection, proceeding from filth and nastiness in that place, the prescription of the most efficacious medicines would have little or no effect. This I found the apothecary had repeatedly but unsuccessfully represented to the overseers of the poor.

In like manner, when a person is seized with a fever, proceeding from the bad air of a country, his illness, while he continues there, is daily, nay hourly strengthened and reinforced, by a constant application, or as it were inoculation of the morbid cause. We are taught by fatal experience, that the most sovereign remedies, and the best methods of cure that can be proposed for the relief of such persons, while they breathe an unhealthy air, are most frequently rendered ineffectual. Diseases in such a situation generally become more anomalous, and are both attended and followed by such symptoms, as in all probability would seldom appear in a purer



purser air. From this cause some of the best remedies have been found fault with, notwithstanding that they produced all the effects which could possibly be expected from them, whilst the patient was constantly exposed to these sources of disease. This calumny has chiefly fallen upon the bark.

In the late siege of the Havannah, while the English troops suffered so much by the diseases incident to Europeans in those climates, the administration of the bark was blamed, because, after the fever had been removed by its efficacy, the patients were apt to be afflicted either with the jaundice, the dropsy, or a swelling and obstruction in the liver.—But such diseases and obstructions of the liver were much less dangerous and fatal than the fever, and were not the effects of the bark, but of the patient's continuing in so impure an air, and of the duration of the fever \*.

But to set this matter in the clearest light, we shall here point out the effects of an

\* See of this a full proof, in the Appendix to this work.



impure air, first, on persons in health; secondly, on such as are sick; and lastly, the consequences of removing persons immediately, when taken ill in such an air, into a place where that element is more pure and wholesome.

First, we are to consider the effects of the impure air of hot countries, during the rainy seasons, on the human body, when in health. And here it is remarkable, that the breast and lungs, as also the throat, through which it passes, are generally the parts of the body which suffer the least, though in constant and immediate contact with it.

The parts chiefly affected by an impure air, in a hot climate, are the brain and stomach, or in other words, the nervous system, and the organs of alimentary digestion. Strangers, unaccustomed to such an air, though seemingly in health, feel an oppression and lowness of spirits;—they become inactive, have a great inclination to rest or sleep, and often complain of a head-  
ach;



ach ;—their reasoning faculties are sensibly impaired, particularly the memory.

Every kind of study, or attention of the mind to any subject, as likewise venery, are hurtful, and frequently attended with fatal consequences. Young people in particular are apt to have their head much disordered, to be stupid or slightly delirious at times.

The passions of the mind have, in this situation, a much more quick and violent effect on the body, than in a purer and cooler air. An excess of passion often brings on an instantaneous attack of a fever : a violent fit of anger, or grief, will immediately produce a jaundice, or the yellow fever : the sight of a corpse, or any other object of horror, and even a shocking story told to a person, have been often known, through an impression of fear upon the mind, to bring on a delirium, sometimes a violent vomiting and purging, which have carried off the patient in twenty-four hours.

A phrensy



A phrensy or delirium is often the first and immediate effect of bad air.—It has also a great influence on the stomach and intestines: it generally gives a loathing and indigestion, and an aversion to much food; together with frequent bilious stools, which ferment like yeast. Those who seem to be otherwise in good health, become of a yellow complexion. Excesses either in eating or drinking, prove much more pernicious to the constitution than in a purer air. A surfeit of fruit, or of gross food, but especially undue mixtures in the stomach, of different things, such as flesh, fish and fruits, taken at one meal, will often produce a violent dysentery, or a fatal cholera morbus.

Any debauch or drunkenness will often give a fever, which, in less than 48 hours, terminates in the death of the patient.

These are the effects of that noxious air which is often breathed by Europeans in many unhealthy parts of the world. It is always a proof of a bad air, when wounds which are nearly brought to heal, break out suddenly afresh, attended with great putrefaction



faction of the parts. This happens both from the putrid air of marshes and of impure ditches, as also when the hot suffocating winds blow from the desarts.

As we have considered the effects of impure and malignant air on vigorous and healthy constitutions, it will be proper next to observe its influence on sick persons. For this purpose, we shall lay before you the effects of the air from marshes in the climate of Jamaica.

On that island a commodious and excellent marine hospital was erected, for the reception of the sick seamen in his Majesty's ships on that station; which, for its usefulness and grandeur, was called Greenwich Hospital. It was unfortunately built near a marsh, upon a most unhealthy spot of ground. The effects of this unhealthy situation were, that when a patient was sent thither, with only a gentle or intermitting fever, this mild indisposition was apt to be changed either into a malignant fever, a bloody flux, or some other mortal distemper.

It



It was observed, that the yellow West Indian fever often reigned there, attended with the most profuse evacuations of blood, by vomiting, stools, and even by every pore of the body; when no such symptoms distressed those patients whose cases had been similar, and who were permitted to remain in their ships.

The recovery of patients in that hospital was observed to be very tedious and uncertain: the least indiscretion or irregularity brought on a relapse. After a flux had been stopped for some days, the eating of any sort of food which had a putrid tendency, such as even a mess of broth, would sometimes in a few hours bring on a return of the disease, accompanied with all its violent symptoms. Neither did this proceed from any source of infection in the hospital, or from its being too much crowded with patients: these things happened even when a small number of patients were lodged in the best aired and in the cleanest wards. The mortality in this house was so great, and the cause of it so obvious, that there was a necessity for deserting it: no more sick were permitted



mitted to be sent thither ; and another hospital, in a better air, is now fitted up for their reception.

In the last place, we may observe the excellent effects produced by removing, from an unhealthy into a pure air, the sick, labouring under the most fatal diseases.

Those who were carried to sea in the Middleburgh ship of war, speedily recovered. Their fluxes and fevers lost the dangerous symptoms, and an immediate stop was put to the mortality which raged among them at Curaçoa ; when, at Cadiz and Pensacola, the removal of the sick into ships which lay at anchor in a pure air, produced the same happy effects.

A malignant sickness in the islands of Grenada and the Grenadines, proved very fatal to the English, who, upon the conclusion of the late peace, first went over to settle there ; but it was observed, that such of the sick as were put on board the ships to be sent to Barbadoes, generally recovered at sea, before they could reach their intended port.

Innu-



Innumerable observations might be given, to confirm what has been advanced on this subject: to multiply them is unnecessary; as the effects of a change of air, upon agues and fevers in England, are so well known, and as the immediate success which attends the use of the bark, and other remedies, in a purer atmosphere, is ascertained by daily practice.

It remains only to be added, that in the most malignant diseases, the immediate removal of the patient into a purer air is often the only method to preserve his life.

Thus the *Medway* and *Panther* suffered great distress at Batavia, by a violent and mortal fever; of which we have already taken notice. But all those who had been seized on board the *Medway*, as soon as she put to sea, recovered immediately, to the number of 35 or 40: whereas the *Panther*, by continuing at Batavia a fortnight longer, lost above 50 men; and although there were some few who died on board the *Medway*, after she left Batavia, they were only such as had been long ill, and who seemed to  
perish



perish for want of proper necessaries and restoratives at sea. Upon leaving that unhealthy port the fever entirely disappeared.

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S E C T. VI.

*The sea air found beneficial in an epidemical fever at Naples. An infirmary-ship recommended. Its peculiar advantages.*

**W**HETHER there be any quality in the sea air besides its purity, that renders it so particularly healthy to patients labouring under those remitting fevers, and other diseases which are the subjects of this treatise, I will not take upon me to determine; as my intention is to advance facts, and not conjectures. This much is certain, that in some other fevers, a change of air has been found very beneficial, and the recovery of the patients has been greatly promoted by removing them from inland places into the sea air. Of this, in the year 1764, the kingdom of Naples furnishes a very remarkable example; for the account  
N of



of which, as well as for many useful observations given in this work, I am obliged to my friend Dr. John Eliot, an eminent physician in London.

From bad policy in allowing too great an exportation of corn, there was not a sufficient store left in the publick granaries of Naples, and the country became destitute of provisions.

In the months of April and May, the scarcity was so great, that the poor people tore up the grafs and green corn for subsistence, and fed on every thing in which they supposed there was any nourishment.

A malignant fever came on, and raged with more violence, as the famine increased. Hunger drove multitudes of people from the country to the capital, in hopes of being better able to procure subsistence there. The city became more and more crouded, and every day numbers dropped down dead in the streets.

The



The force of hunger became so strong as to break through the firmest ties of nature; mothers threw away their children, fathers forsook both; each person being fully employed in search of food for himself. So great and so general was this scarcity, that villages became depopulated by death and migration.

The kingdom contained about two millions of people, one fifth of whom the state is supposed to have lost by this calamity, two hundred thousand of these by death, the rest by deserting their habitations, to seek subsistence in the neighbouring countries.

The situation of Naples is remarkably healthy; it is very populous, the streets are numerous, the houses five or six stories high, and very much crowded. The inhabitants are extremely remiss in the article of cleanliness, both within and without their habitations.

When we consider all these circumstances, the heat of the climate, and the want of



proper food, it will not appear surprizing, that this malignant fever raged with uncommon violence, and was every where propagated, from the number of sick dispersed up and down in all the quarters of the city; the little care taken of them, and the negligence in burying the dead.

The absurd custom of exposing bodies to view when carrying to the grave, might even add to the progress of the distemper.

This malignant fever was accompanied with worms in the stomach and intestines during the month of May; in June worms were less frequent. In July it became highly infectious, was attended with petechiæ, swellings of the parotide glands, obstinate delirium, violent vomiting, and fluxes of blood.

Vegetable acids were given in large quantities. Ice-water and the bark were the great remedies. Musk was likewise found extremely useful in relieving the head-ach.



Mineral acids, where livid blotches and other high symptoms of putrefaction appeared, were administered plentifully with the best effects.

This disease raged with the most unremitting violence for a considerable time, till it was happily observed, that the sick who were moved into the hospitals which stood near the sea, recovered much quicker than in other places; and that few of them died there.

Upon this being represented to the king, money was ordered out of the treasury, for the fitting up of hospitals by the sea for the public benefit; and even after they became crowded, the number that died was inconsiderable in proportion to those lost in other places. In these well ventilated hospitals, open to the sea air, the progress of the contagion was entirely stopped; and none of the nurses or attendants on the sick were infected with the distemper.



At the same time plenty of corn was procured, and good provisions, which entirely put an end to this fatal distemper.

We may conclude from these observations, that if, on the coast of Guinea, and on all places in the East and West Indies, where the English factories are near the sea, there was another ship (besides that appropriated for the gentlemen of the factory) lying at a proper distance from the land, during the sickly season, to receive Europeans immediately upon being taken ill, it would be a certain means of saving many lives. This ship might be considered as an hospital for the fort or factory.

The name of hospital, or hospital ship, may convey a frightful idea of sickness and mortality to some people, but without any reason, as this vessel ought to be kept perfectly clean, and should never be crowded.

Besides, on board of her the sick will be well accommodated, and will always breathe the purest air.

In



In Europe all nations have hospitals, and many of them have found it absolutely necessary to erect hospitals or infirmaries for the sick in their settlements and factories abroad.

The difficulty is, to find a convenient and healthy spot. The manner of obviating this we point out; and if, by way of example, a ship or hulk was moored at the mouth of the river Senegal, and properly fitted for the reception of the sick in that garrison and factory, it would be a means of saving a great number of lives during the rainy seasons.

Transferring the sick, and their hospital, from the land to the water, would put an end to that dreadful mortality amongst our troops in that part of the world. This method is therefore more particularly recommended, on account of the soldiers stationed at Senegal, and will be attended with many advantages to them.

In the first place, on board a ship, with proper care, a greater degree of neatness and



cleanliness may be procured for the sick, by means of funnels pointing to the sea, and wash-cocks to cleanse them occasionally, than in most infirmaries on land.

2dly, They may there be supplied with the most wholesome † fresh water, from the element which surrounds them, by a simple distillation; a discovery which the author of these sheets was so fortunate as to make in the year 1761: if more be wanted for the most common uses, sails or awnings, properly extended, will procure them a sufficient quantity of rain water.

Here it may not be improper to take notice of a common opinion, which prevails with many in those parts abroad, that such as have been thoroughly wet with rain or other fresh water, will from thence suffer no indisposition, provided that before putting on dry clothes they dip themselves in the salt water, or wet their skin all over with a sponge dipped in it.

3dly, Having already ‡ pointed out the

† See Essay on preserving seamen, 2d edit. pag. 85, 86, &c. where it was first published.

‡ Ibidem, pag. 7th, 105, &c.



methods of rendering the air in a ship at all times wholesome, by means of purifying fumes, and fires, we shall only add on this head, that when a ventilation, or change of air becomes necessary, it may be more effectually accomplished by opening some port-holes in a ship, than in most of the chambers on land. A ventilator may likewise be provided, for the more effectual drying of the timber, and of the lower apartments in the ship : it may be worked by a wind-mill fly. It is here necessary to observe, that all these ventilators should be made use of only during dry weather ; and for the further preservation of the ship, the bottom should be sheathed with copper.

4thly, Besides the great benefits of neat and clean accommodations, of good water, and of a pure air, it is in the watery element alone that the most wholesome nourishment, and the most proper food for the perfect re-establishment of health, is to be found ; I mean, a great plenty and variety of fish. When the sick in those countries can be supplied with green turtle, they recover very quickly, not only from the scurvy, but from



from other diseases proceeding from a relaxed habit of body, and a watery state of the blood. It has been often remarked, that fluxes, dropsies, and an infirm constitution of body, which are the frequent consequences of acute diseases in those climates, proceed in a great measure from the low poor diet of the country, consisting chiefly of boiled rice, lean goats, fowls, and food of that kind; which render the recovery of Europeans extremely slow and tedious.

In those climates, fish caught at sea are with difficulty procured for sick or weak people, as they cannot be preserved fresh many hours, and are often tainted before they can be brought on shore. They are so apt to corrupt, even during the coolness of the night air, that it is a prevalent opinion among the fishermen there, that the moonlight in particular has a quick and powerful influence in spoiling their fish.

But by a peculiar blessing of Providence, not only the river Senegal, but all the great rivers whose sources are within the tropics, have deposited, by their annual inundations,  
great



great quantities of slime and mud at their openings into the sea, which form what are called the bars to those rivers. Those bars or shoals consisting of a fine soft ooze, often extend themselves many miles from the land, and afford not only a safe anchorage for both the floating factories and infirmary ships, but they abound also with an incredible quantity of excellent fish; and one man in the infirmary ship lying off Senegal, or in most other places on the coast of Guinea, will be able to catch as many fish of different sorts in two hours, as will be sufficient for the nourishment of a hundred sick people. It has been found by experience, that no food whatever contributes more to the perfect recovery of health and strength, and to the prevention of the fatal consequences of fevers in hot climates, than fish, or rich nourishing fish-soup, warmed with the spices of the country, and, if necessary, rendered palatable by the addition of lime juice.

Upon the whole, the immediate removal of the patient from a bad air, as soon as he is perceived to be affected by it, into the infirmary



infirmity ship, will, in all probability, render his disease mild, and easily curable, and his recovery speedy and perfect. The constitution thus preserved, will at length become so seasoned and habituated to the climate in a course of time, that it will be rendered much less susceptible of any injurious impressions either of the air or soil.—One merchant, factor, or soldier, thus constitutionally naturalized to the country, becomes more useful, and his services may be more depended upon there, than ten newly arrived unseasoned Europeans.

It has been a received opinion, that the first fever or fit of sickness alters the constitution of the body, so as to season it to a new climate: but I am of opinion, that the sudden changes of climates are greatly the causes of sickness, and that a seasoned constitution in any part of the world is chiefly to be acquired by remaining there for some length of time.

From the very numerous opportunities I have had of knowing the general state of health enjoyed by the seamen on board his Majesty's



Majesty's ships in foreign voyages, it appears, that sudden changes from heat to cold, or from cold to heat, produce almost similar effects,

Thus, if 400 or 500 seamen and soldiers sail from England to the West Indies, and make a sudden transition from a cold climate to a very great degree of heat, many of them will be seized with a diarrhœa; and such of them as drink immoderately of rum newly distilled, on their first arrival at Jamaica, will probably die of violent fevers: but if the men are kept on board ships, and much at sea; if the ship, especially during the sickly season, does not put into any very unhealthy port, after being twelve months in the West Indies, they will become perfectly seasoned to that climate, and enjoy as good a state of health as if they were in England.

In like manner, if the stationed ships, which are generally relieved at the expiration of three years, arrive upon the coast of England in the winter, and are long detained at sea by contrary winds, in a very cold season,



son, the men, having been inured to a hot climate, will be again attacked with diarrhoeas; the cure or removal of which will entirely depend on keeping the patients warm.



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C H A P. II.

Advice for the preservation of such  
Europeans as reside in inland  
countries.

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S E C T. I.

*Unwholesome spots of ground in the most healthy  
countries. Healthy spots in the most  
sickly.*

WE come now to point out a method  
of preventing the mortality which  
attends these situations, where the advantages  
of a floating factory cannot be enjoyed : and  
it is to be hoped, for the sake of humanity,  
that those who have the power of directing,  
will pay some regard to them.



There are many who inhabit either inland places, at a great distance from the sea; or where they cannot have the benefit of a security on that element, from the want of a safe anchorage for ships, at the necessary distance from the shore; or, where, salt and unwholesome marshes are formed by frequent inundations of the sea; or, where the shores are lined with stinking ooze, mud, and aquatic weeds or plants of a noxious quality.

Now, in all those places, during the sickly seasons, Europeans must retire into the country, at some small distance from such unwholesome marshes and foul shores. Upon this occasion it is necessary to observe two things:

1st, That the most healthy countries in the world generally contain certain spots of ground, where strangers are subject to the attacks of sickness.

2dly, That there is hardly to be found any island, or any large extent of continent, that does not contain some places, where  
Europeans



Europeans may enjoy an uninterrupted state of health during all the seasons of the year.

In proof of the first position, we may take a view of as healthy a piece of ground, for its extent, as any in England; I mean the Isle of Wight. This Montpelier of England, for its air and productions, has a small town called Brading, where agues prevail much, and which, on account of their obstinacy, are by the islanders called Kentish agues. This sickness, which is little known in many places of the island, does not often extend itself a mile from Brading, but is particularly inveterate in one farm-house in that neighbourhood. The most healthy island of St. Christophers, in the West Indies, has its Basse-terre, which, like Bridgetown in Barbadoes, proves sickly to strangers at particular seasons.

As a proof of the second position, we shall offer Antigua. This island, especially near English Harbour, is remarkable for its unhealthfulness, as our ships of war frequently experience in the loss of their men,



by the yellow fever and flux, when they re-fit in that harbour. But an absolute safety, and a secure retreat from these diseases, are to be found in the high mountains of that island, especially in that called Monk's Hill; of which the following affords a convincing proof.—

In the beginning of the last war, about the year 1756, when the French neutrals were removed from Nova Scotia, a ship bound to Virginia, in which they were embarked, was driven by stress of weather to the island of Antigua. This mixed company of men, women and children were all sent to Monk's Hill, in order to recover from the fatigues of their voyage. Soon after this a general sickness raged in the island, when our seamen in English Harbour suffered a great mortality by the yellow fever and flux; during which time, the English soldiers, who composed the garrison at Monk's Hill, and the neutral French, though but lately arrived from their cold native country, enjoyed a most perfect state of health, being totally exempted from the prevailing distempers of the island.



When the English troops were at Guadaloupe, they found one part of that island extremely pleasant and healthy ; and another part of it so sickly, that when a regiment or company of soldiers was ordered thither, they were almost certain of losing a great part of their number.

The island of Dominica is in most places woody and unhealthy, and especially about Prince Rupert's Bay : yet there are several French families in it, who by fixing their residence on the sides of hills, live exempted from the attacks of agues and fevers, the diseases common there ; and thus they enjoy as good a state of health and constitution as if they were in France.

In the unhealthy island of St. Jago, there is a place called St. Domingo, where, on account of its wholesome air, it is usual for the governors, upon their arrival from Europe, to spend some time before they venture to fix their residence at the capital : by this means they gradually become seasoned to that sickly climate.



In the neighbourhood of Mobile, Pensacola, and other places in the hot, southern, and less healthy parts of West Florida, there are several elevated situations, dry, and exposed to the winds, which would afford a safe and certain retreat from the diseases which prevail in the months of July, August and September.

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## S E C T. II.

*Purity of the air in Brasils, and in many other places in the Torrid Zone. An elevated and temperate situation on the side of a hill or mountain recommended.*

**T**HE country of Brasil is esteemed by the Portuguese a paradise, chiefly on account of the purity of its air in most places. When the sun is vertical, the air is refreshed and cooled by the sea breezes; and its inland parts are fanned with still cooler breezes from the high mountains.— So that the Portuguese prefer the air of the Brasils, at the small distance of a few degrees



grees from the Equator, to that of their native country.

From 10 degrees north of the *Æquinoctial*, to 55 south, there runs through the continent of America a continued chain of very high mountains, called the Andes or Cordilleras. The tops of those mountains, even under the *Æquator*, are covered with snow, and by reason of the severity of the cold are rendered uninhabitable to man or beast.

In descending from thence, the traveller begins to breathe a healthy and temperate air, where the joyful season of spring, with all the early productions of nature, present themselves.

Descending still lower on the sides of those mountains, he finds himself surrounded with rich and luxuriant pastures, breathing forth the odours of a pleasant and serene summer. Thus, under the scorching heat of a vertical sun, there are large extents of country, where Europeans may breathe



a pure untainted air, of such a temperature as best suits their constitutions.

We may truly observe, that heat does not altogether depend upon a proximity to the *Æquator*, but varies at inconsiderable distances, chiefly according to the elevation of the ground, and its being well perflated, as also from the nature of the soil.

Upon this last, the temperature of the climate, the colour, strength and activity, the constitutions and health of the inhabitants greatly depend. This truth is well known to those who trade for slaves on the African coast. The negroes they purchase are dull and stupid, lively and ingenious, sickly or robust, long or short lived, according to the nature of the country or the soil from whence they are brought.

From all this I infer, That the safest retreats, not only from the sultry heats, and the inundations of a low country, but also from the sickness attendant upon them, are to be found on the sides of hills or mountains, where there are no morasses within  
three



three miles ; preferring such places also, where the vapour arising from the surrounding vallies cannot affect them, at least in its perpendicular ascent.——Experience fully confirms this truth,—That in such elevated and temperate situations, where the soil is dry and gravelly, and clear from wood, shrubs, or stagnating water, Europeans enjoy good health in the hottest climates, during all the seasons of the year.

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## S E C T. III.

*An asylum for health to be met with in almost all parts of the world.*

**T**HIS asylum for health is to be met with in almost all quarters of the globe. The weary traveller, even in some parts of the sultry deserts of Arabia, may, in the middle of summer, behold from afar the summits of the Persian and Turcomanian mountains covered with snow, and their



fides lined with a refreshing verdure, which is constantly fanned with a pure and temperate air.

Most of our principal factories in the East Indies have in their neighbourhood places of easy and safe retreat from sickness during the wet season. In Sumatra, Fort Marlborough affords a retreat tolerably safe and convenient, at the distance only of three or four miles from our most sickly settlement of Bencoolen : in which fort the English merchants ought constantly to sleep during that season, and for some time after it ; while others who choose it may go to Sillebar. The unhealthy town of Calcutta, in Bengal, has in its neighbourhood the healthy situations of Barasat and Garatte ; where the gentlemen residing at Bengal should retire, in the months of September and October.

The Dutch at Batavia, for the benefit of a quick and easy conveyance of such as are in a convalescent state, have made an excellent road, for 70 miles, leading from that city to the mountains, equal to any turnpike road in England : but it were to be wished,  
that



that not only convalescents, but such sick persons whose cases will admit of so long a journey, were also sent thither, or at least to the more healthy situation of Cerebon, Samaring, or Tanjapour, in its neighbourhood.

The English factory at Bombay enjoys the benefit of having several rising grounds near them, from whence, during the rainy seasons, they may in safety behold the adjacent country covered with water; the recesses of which leaves innumerable pools of stagnating water, full of frogs and \* dead fish, whose stench proves very injurious to European constitutions.

Within nine miles of Madras stands the Mount St. Thomas, justly esteemed for its

\* It is a phænomenon in nature, not easily to be accounted for, but at the same time an incontestible fact, that in stagnating pools of water at Bombay, which have no communication with any river or the sea, and are produced solely by the rains, living fish are generated, of which many persons have eaten, and which, upon the drying up of these pools, die, and are corrupted as above mentioned.

air,



air, the Montpellier of all the English settlements in India. Persons labouring under a violent intermitting fever at Bengal, are no sooner brought to Madras, than their distemper commonly leaves them. Such as have been reduced to so great weakness as to be under the necessity to be carried up to St. Thomas's Mount, have in three or four days acquired such a degree of health and strength, as to be able of themselves to ascend 127 steps, made in that rock for the more easy access to this paradise of health.

Not only continents, but most of the large islands in every quarter of the world, have ridges of high mountains, where the air proves healthy to European constitutions. But we shall treat only at present of those possessed by the English in the West Indies.

I have already mentioned Monks Hill in Antigua, as a safe retreat from sickness in that island. We have also taken notice of the wholesomeness of the air in the mountains of Dominica; and it is to be hoped, that as soon as Granada and the Grenadines (which have lately proved so fatal to the English



English planters) are cleared of woods, due attention will be given to situations so eligible for houses; the advantages of which we have so strongly pointed out: we shall then hear nothing more of fatal diseases sweeping off the inhabitants of these islands. In Barbadoes there is a hill called Scotland, or the Highlands, where the air is purer, and more wholesome, than in any other place of that pleasant and healthy island.

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## S E C T. IV.

*An application of all our directions on this head to the island of Jamaica. Instances of their salutary effects.*

WE shall now collect the whole of our directions, by an application of them to the island of Jamaica.

Jamaica has one continued ridge of mountains running through it, from east to west,



west, besides some smaller hills. On the sides of those mountains the air is temperate and cool; while the vallies are scorched up with excessive heat, or covered with violent rains. Part of this mountainous ridge is at no great distance from Spanish Town, the capital, nor from Kingston, or Port-royal, the principal sea-port.

It appears from what has been said, of the healthy quality of the air on the mountains in the torrid zone, that if chosen spots of ground on those mountains were set apart, some for the recess of families in health, and others for the reception of the sick, the most beneficial consequences would thence result to all the white inhabitants of that island.

We do not recommend a retreat to the barren, cold and bleak summits of the Blue mountains; where the sudden transition from the scorching heats in the vallies or woods, to so intense a degree of cold, must be injurious to the constitution: nor to such an heighth, as where the vapours are condensed into mists or clouds.

But



But we recommend the moving into a more temperate and pleasant situation : where the heat of the day seldom exceeds 70 degrees on Farenheit's thermometer, and the cold of the night is not under 54 degrees on the same scale : where the ground is altogether cleared from wood, and has no stagnating water above or near its surface : where the soil is rich, fertile, and favourable to the cultivation of European plants, and to the health of European animals : and lastly, where sheep brought from England still retain, without any inconvenience, their fleecy covering.

There are large flat spots of ground in those mountains, which, by industry and cultivation, might be converted into the most healthy and delightful rural retirements. In such places on those hills, where at present the chillness of the evening renders a fire comfortable, and requisite to an European constitution, the improvement of the soil would gradually mend the quality of the air.

Governors, newly arrived at Jamaica, of whom many have died soon after their  
3 landing,



landing, or any gentleman who can afford to keep a horse or carriage, after doing business at Spanish Town or Kingston, might, before sun-set, return to such a healthy and pleasant country seat as is here recommended ; taking the precaution of never sleeping elsewhere during a sickly season.

But without respect to a governor, or any other particular person, if we consider this proposition in a more extensive point of view, and the benefit arising from it, in preserving a multitude of lives, the greatness of the object demands the most serious attention. Though the island of Jamaica is at present much healthier than formerly, yet in certain months of the year it is infested with fevers and fluxes ; and in some years those diseases prove epidemical and very fatal. It will likewise be found, that the most certain means of preserving such a number of Europeans as frequent that island, nay their only security consists in this,—That those whose circumstances and business will permit, should retire, especially during the night season, to such places for health, until they are seasoned to the climate ;



climate; and that others, who cannot afford this precaution, be immediately removed thither when taken ill.

The sick at Kingston or Port-royal may be carried in an easy and commodious vehicle, six or seven miles to the hills in the parish of Leoganie; or they may have the benefit of water carriage to Port Passage, and from thence be conveyed to the hills near Spanish Town, when proper houses are built for their accommodation in that cool and wholesome air.

It is certain that a person afflicted with a fever or flux will be much less endangered by being conveyed 20 miles on his bed, in a proper carriage, than by continuing 20 hours in the air which produced his distemper.

The immediate removal of the patient in such cases into another air, often abates the most alarming symptoms of the disease, and that even in a few hours time.

When the Lion, Spence, and some other ships of war, were employed at Port Antonio,



Antonio, in the island of Jamaica, in clearing Navy-Island of wood, in order to build wharfs and store-houses in that place, many of the men, when cutting down the wood, were seized at once with a fever and delirium. This phrensy attacked a man so suddenly, and with so much fury, that with his hatchet, if not prevented, he would have cut to pieces the persons who stood near him. Orders were issued, that as soon as the men were thus seized, they should be bled, and immediately sent on board their respective ships. The consequence was, that all who were carried on board quickly recovered ; whereas those who remained on shore, either died, or suffered a dangerous fit of sickness.

During the last war, it was no uncommon thing for six or eight of the centinels who were posted in the marsh where Greenwich hospital in Jamaica stands, to be taken ill in one night, with copious vomitings or purgings, a delirium, and all the alarming symptoms of a violent fever ; of which they recovered in some hours after they were removed to Kingston.

But



But should a change into a purer air not produce such immediate effects, it will at least mitigate the symptoms of the fever: the use of medicines will be attended with more success; the patient will recover sooner, and will more speedily regain a vigorous state of health.

I shall here insert an observation, communicated to me by a very sensible man, who resided long in Jamaica.

“ I have often observed the poor seamen  
“ in the merchant-service to recover from  
“ the yellow fever, solely by having the benefit  
“ of a free and constant admission of  
“ the cool sea air into a ship anchored at a  
“ distance from the shore, where they lay  
“ utterly destitute of every assistance in sickness,  
“ and even of common necessities,  
“ having nothing but cold water to drink,  
“ and not so much as a bed to lie upon;  
“ while gentlemen newly arrived from England,  
“ by being shut up in small, close,  
“ suffocating chambers at Kingston or Port-royal,  
“ expired with the whole mass of their  
“ blood dissolved, and flowing from every  
“ pore;



“ pore; the stifling heat of their room  
“ having produced a state of universal  
“ putrefaction in the body even before  
“ death.”

What I have here said of Jamaica is applicable to every unhealthy spot of ground, and to all our islands and plantations, both in the East and West Indies.



## S E C T. V.

*Objections answered. Dreadful and fatal effects of remaining all night in unhealthy places. Sicknes arising from that circumstance, vulgarly ascribed to ridiculous causes. Measures beneficial in all endemical, and annual epidemical distempers.*

**I**N opposition to what has been said, it may be urged,—That in several places which I have mentioned, as secure refuges from sickness, there are instances of those who reside in them being seized with the endemical diseases of the adjacent country. The yellow fever may seize an officer or soldier in the garrison of Monks Hill in Antigua——

But inferences drawn from a few uncommon and extraordinary cases, cannot fairly be admitted against general observation and experience. Such cases have sometimes occurred even in England ; where, in a long course of practice, I have seen the



tetanus, emprosthotenos, and opisthotenos, in as violent a degree as occur under the torrid zone; as also the dry belly-ach, the black vomit, and the hepatitis, together with the locked jaw: all which are diseases in a manner peculiar to sultry climates. I may therefore justly adhere to the principles already laid down in several parts of this and my former writings, where the danger of sleeping in unwholesome places has been frequently represented.

Unless the garrison of Monks Hill had been apprized of this danger, and had cautiously avoided it, the question cannot be fully determined, Whether persons who never sleep out of Monks Hill, will be attacked with the endemical diseases of the adjacent country? It is my opinion they seldom or never would.

I mentioned this affair to a person who resided long at English Harbour in Antigua, who informed me, that he had known some of the garrison on Monks Hill to have had the yellow fever. I desired he would be pleased to recollect the circumstances of  
their



their being taken ill, and whether they had slept any nights preceeding their illness in the low grounds, or in English Harbour: upon which it immediately occurred to him that when he himself was seized with the yellow fever, there were at the same time two officers belonging to the garrison at Monks Hill labouring under it, who were seized early in a morning with the same fever, after sleeping the two preceeding nights at English Harbour. Upon beginning to consider the great danger of sleeping in unhealthy places, (with which he was before entirely unacquainted) he recollected, that most of the people in Monks Hill who had been seized with this fever, were taken ill after sleeping on the low grounds; it being a common custom among the officers of that garrison to sleep in the house at English Harbour where they dined and supped.

If persons will run the hazard of their health and life, by remaining all night, or sleeping in unhealthy places, they cannot expect to reap the benefit of safety and security from a healthy air in their neighbourhood. To what I have already said on this sub-



ject, I shall here add some instances of the melancholy effects of inattention to this important advice of never sleeping in unhealthy places; and I hope that they will serve further to prove the utility, and to enforce the observation of the directions which we have recommended to all Europeans for their preservation in foreign climates.

In the year 1766, sixteen French protestant families, consisting of sixty persons, were sent, at the expence of the English government, to West Florida. The ground allotted for their residence was on the side of a hill, surrounded with marshes, at the mouth of the river Scambia. These new planters arrived in winter, and continued perfectly healthy until the sickly months, which in that country are those of July and August. About this time eight gentlemen (from one of whom I received this account) went to this new settlement to solicit votes, for the election of a representative in the general assembly of that province; where, by remaining but one night, every one of them was seized with a violent intermitting fever, of which the candidate for being the  
repre-



representative, and another of their number, died. The next day seven gentlemen came upon the same business to this unhealthy spot of ground; but by leaving it before night, they had the good fortune to escape this sickness, and did all continue in perfect health.

During the months of July and August 1766, the annual fever of that climate proved so fatal to those French settlers on that unwholesome spot, that of sixty persons, fourteen only survived it; and even those who remained alive, in the September and October following, were all in a very ill state of health, not one of them having escaped the attack of the fever, and most of them dying within a few months afterwards.

In a voyage to the coast of Guinea, performed in the year 1766, by the *Phoenix* ship of war, of 40 guns, the officers and ship's company were perfectly healthy, till, on their return home, they touched at the island of St. Thomas. Here the captain unfortunately went on shore, to spend a



few days in a house belonging to the Portuguese governor of that island. This happened during the rainy or sickly season. In the same house were lodged the captain's brother, the surgeon of the ship, some midshipmen, and the captain's servants. But in a few days after their being on shore, the captain, his brother, the surgeon, and every one, to the number of seven, who had slept in that house, were taken ill; and all of them died, except one, who returned to England in a very ill state of health. The ship lay at anchor there 27 days; during which time three midshipmen, five men and a boy, remained on shore for twelve nights, to guard the water casks, under pretence that the islanders would steal them. At that island only those who slept on shore were taken ill, and no other man of the ship's company was seized with any distemper during their stay there, or during the whole voyage. If we except these unfortunate persons, only one man died through the whole of that time, and he was killed by an accidental blow upon the head.

None



None of those who slept on shore escaped the sickness; and of them all only three survived it; one midshipman, who has ever since been in a cachectic state, for which he was a patient in Haslar hospital; a seaman, in the same condition, who has been twice under my care; and a molattoe, one of the captain's cooks, who had slept in the same house with his master, and who not being able to regain a good state of health in England, is now returned to Guinea, under a notion that he was poisoned there, and can only be cured by medicines administered by the negroes; this being a prevalent vulgar opinion among the common seamen, who have suffered in their health and constitution in that part of the world.

The sickness in this island began much about the time that the Phoenix arrived; and the governor had then taken his usual precaution at such seasons of the year, of retiring into the highest apartments of his house, where he lived shut up from the access of the external air, and from company.

Whilst



Whilst the Phœnix continued in this place, 20 or 30 of her men went daily on shore; some rambled about the island, hunting and shooting; others were busy in bartering for provisions, washing linen, and other necessary employments: so that almost all that ship's company, consisting of 280 men, were, in their turns, ashore upon the island in the day-time; not one of whom, who returned to the ship at night, were taken ill, or suffered even the slightest indisposition.

Let all those who are apt, upon all such occasions, to attribute these accidents to the irregularities of the sufferers, consider how little probable it is that those few who remained all night on shore could have been guilty of greater excesses, or have committed more hurtful irregularities, than the whole of the ship's company, and likewise many from another ship, the Hound, then in company, of whom the greater part was ashore in the day-time. I must likewise observe, that the springs of water in this island are remarkably pure and wholesome; and though it lies directly under the equinoctial



noctial line, there is perhaps no spot of ground in the world more abundantly fruitful, or more pleasant and delightful.

The common opinion, that those people who sleep on shore in such places, are poisoned by the negroes, is so foolish and ridiculous, that it hardly deserves notice.

Here I cannot help lamenting the untimely fate of those gentlemen, with several of whom I was well acquainted; who were thus, by an imprudent and fatal conduct, cut off in the flower of their age, and who, by continuing on board their ship, would in all probability have returned to England in perfect health. This was the case of all the officers and men belonging to his Majesty's sloop the *Hound*; who having performed the same voyage on this coast, arrived at St. Thomas before the departure of the *Phoenix* from thence. They, by taking the precaution of having the ship quickly provided with wood and water, without permitting any of the men to remain on shore in the night, arrived at Spithead in perfect health; not one of them having been seized with



with that fatal sickness in the island of St. Thomas, which cut off the captain, and so many of the gentlemen and seamen belonging to the Phœnix.

It may be urged, that there are frequent instances of persons labouring under the prevailing sickness of a country, who have been carried on board ship, or into a better air, where the fever still continued, without any mitigation of its symptoms, and at last proved mortal. But let that be remembered, which we have particularly recommended, the immediate removal of the patient upon the first attack of his illness; that is, in less than 24 hours after being seized with it.

I am sensible that the attack of a cholera morbus, a dysentery, or even of the black vomit, may be so sudden and violent, as to admit of but small hopes of a recovery, from a change of air: but it must be allowed, that such violent and dangerous attacks of these diseases are at the worst but singular and uncommon. The want of success, from the too late application of a remedy, or its failure in a few desperate cases, cannot with  
pro-



propriety be objected against its efficacy. In Jamaica and other places, persons recovering from fevers are sent to the mountains, for the re-establishment of their health. There they no sooner begin to breathe the cool, refreshing and pleasant air of the hills, than their debility, and all the complaints proceeding from it, almost immediately leave them.

When a weakly European factor leaves the coast of Guinea, he no sooner breathes the pure sea air, untainted with the land effluvia than he finds his health mended, his appetite and his strength improved.

The change of air, in both these cases, proves the most certain means for the perfect re-establishment of health ; notwithstanding some, whose constitutions have been quite impaired by the long or repeated attacks of sickness in a bad air, or by the violence of their disorders, die at sea, or in the wholesome air of the hills.

These are certain facts, and a little cool reflection upon them will serve to establish it



as a general and universal practice, in all epidemical diseases proceeding from a bad air, immediately to remove the patient into a more pure and wholesome atmosphere. This will be found of great benefit, not only in those diseases which proceed from such apparent ill qualities of the air as have been so often mentioned in these sheets, but in all endemical diseases, whose rage is confined to a particular spot. An universal and general sickness may most certainly be produced by some latent intemperature of the atmosphere, the sources of which cannot be traced; neither is it always easy, from the sensible alterations in the air, as to heat, cold, moisture, or such appearances as manifestly affect the human body, to account for the greater violence of endemic diseases in some seasons than in others: such a difference in the air cannot always be ascertained, as would seem adequate to the production of such violent and obstinate diseases, or of their longer duration in one season than in another.

Thus during the years 1765 and 1766, remitting and intermitting fevers were more  
fre-



frequent in some parts of Hampshire, than they had been remembered for many years past: they continued to make fresh attacks even in the cold month of December; in-  
somuch that at Christmas 1766, I had no less than 100 patients, labouring under agues and fevers. But whatever were the latent causes of those unusual fevers at that time, they were evidently confined to some particular spots of ground, and to particular houses and situations; and the removal of the patients into a better air did then prove useful, as undoubtedly in parallel cases it always will.

I will conclude with observing, that in a period of eight or ten years, a violent epidemical sickness breaks out among our factors and colonists, in several places in the torrid zone. This was the case at Antigua in the years 1765 and 1766, where the fever raged with such violence, as to cut off almost a sixth part of the white inhabitants of that island. If this fever was not contagious, and only the usual and annual epidemic of the island, raging with its utmost violence; as was that in Hampshire during the same years.



years ; to me it seems highly probable, that if the sick, when first taken ill, had been removed into the air of Monks Hill, many would have been alive, who are now no more.

But the facts which are here barely set down, I leave to speak for themselves. The advice, or inferences, are of such obvious importance, of such extensive utility, and so practicable, that one would think nothing more was requisite to inforce their execution in all parts of the world.

I will only here add some few instructions with regard to the more unhealthy settlements on the coast of Guinea. There some of the young natives should be educated and instructed in these branches of knowledge which may qualify them for acting as factors or merchants in the most unhealthy settlements.

Uncommon application or great abilities in commerce, much industry and perfect integrity, may be properly rewarded. Those who possess such virtues should be distin-



guished by particular privileges or honours ; they should be naturalized ; should be allowed to rise to a certain rank in the government or army ; and they should be intitled to the other privileges of British subjects.

At Benguela, Catcheou, and other unhealthy places of Guinea, few Portuguese of the white colour are to be met with, except priests, and such as are banished to that quarter of the world. The Portuguese have so instructed and civilized many of the blacks and molattoes in their African settlements, that besides priests of a dark complexion, who are often men of letters, well versed in the Latin, Greek and French languages, they have their principal factors, and many rich merchants, lawyers, surgeons, and others, of the same colour : all of these prove as faithful, and good subjects to the crown of Portugal as any in Lisbon.

It is remarkable that the most healthy part on that coast remains at this day unpossessed by any European nation ; I mean the Banana islands : these lie at a small distance from Sierra Leon ; and according to the ac-

Q

counts



counts I have had of the healthy temperature of their air, which would still be improved by cultivation, it is probable, that should the head quarters of our military establishments in Senegal, and Gambia, be removed into these islands, if they were also made a privileged center of commerce, and a storehouse for trade, the English might with tolerable safety reside in them during all the seasons of the year.

In this case, all the other settlements and out-posts of the army might with safety be visited by the proper officers, and the merchants, during the dry season of the year.

In order to recruit unhealthy military posts, where it may be requisite to keep soldiers through the whole year, it might perhaps be thought adviseable that criminals be condemned to serve there for life, or for a limited term of years; and the punishment of desertion in the army might in some cases be converted into that of banishment to those settlements.



It is said the King of Prussia seldom puts a foldier to death; but according to the nature of the crime condemns him for a longer, or shorter time to work upon the fortifications, and thus renders him still an useful subject.

If the English were thus to send deserters and criminals to the unhealthy places on that coast, it would perhaps tend to preserve a number of useful subjects, and render such lives as are forfeited by law still beneficial to their country. It might perhaps serve likewise to wipe off the aspersions of foreigners, which we hope is unjust, that there are often more people executed in England in one year, than on the whole continent of Europe.

It is a melancholy but a certain truth, that the maintenance of a military establishment at Senegal for three years during the last war, was attended with an annual loss of above a thousand lives; and since the late re-establishment of a military government there, the mortality has been very considerable. Many of the officers and soldiers



who lately embarked for that part of the world, are now dead ; and the present governor, with the poor remains of his corps, may be said to have lived to this time chiefly by repeated doses of the Peruvian bark.

The Spaniards seldom send regiments to barren and unwholesome places. Such they generally garrison with exiles. I have been informed that the annual loss sustained by the Dutch troops at Batavia is chiefly supplied by a number of idle and disorderly persons, picked up or trepanned in the streets of Amsterdam, especially foreigners, and deserters from different nations. These recruits yearly embarking in the Dutch East India ships, are a mixed company of different European nations, and not like the English regiments, consisting chiefly of British subjects, and many of these our ingenious mechanics and most useful tradesmen.

I cannot help further observing, that the warm woollen clothes, and the black hat,  
which



which constitute the regimental dress of an English soldier, are altogether improper in hot climates ; as in those countries, soldiers, during fatiguing marches, while sweating under the oppressive load of arms and warm cloathing, are apt, in the heat of the day, to be suddenly seized with a species of apoplexy, occasioned by the scorching beams of the sun darted on the head, and absorbed by the blackness of the hat ; to prevent which, a white covering for that part seems requisite. To recover the patient from this fit, immediate bleeding is absolutely requisite ; notwithstanding which, many die, and others remain deprived of their senses ever afterwards.

END OF PART II.







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A D V I C E  
T O  
E U R O P E A N S.

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P A R T III.

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C H A P. I.

Directions for the cure of those diseases which attack strangers in warm climates.

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S E C T. I.

*Fevers.*

**I**N addition to what is said in the Appendix to the Essay on preserving seamen, and to the forms of medicines prescribed in the second edition of that work, I shall here subjoin some further directions and prescriptions,



tions, for the benefit of those who reside in warm climates. It is to be observed, that when a person, upon his first arrival in the West Indies, or in any other country between the tropics, is attacked with a fever, no physician can tell what symptoms will occur in its progress, or whether it will terminate by discharges of bile, by a jaundice, or by symptoms of a malignant nature,

Therefore, when an European is taken ill of a fever, during a season of prevailing sickness in those countries, it is necessary to endeavour, by the most efficacious means, to bring it as soon as possible to a remission, that the bark may be administered without delay. With this view he is to consider how far the violence of the fever in its first attack will admit of bleeding\*: but he must always remember that this operation is in general to be used with great caution, and the repetition of it with still greater, in those climates,

\* See Appendix, pag. 127, &c. to Essay.



The chief objects of attention in all such fevers, are the contents of the stomach and intestines. Upon the patient's first complaint, and during the first hours of the fever, while perhaps he is only chilly, or complains of alternate fits of heat and cold, the stomach and intestines should be immediately cleansed, either by a vomit, a purge of manna with tincture of senna, or by an oily and purging clyster: after which the patient, especially if the skin be moist, may immediately take an antimonial draught † every six hours. It is to be observed, that according to the state of the stomach, the dose of this, or of other antimonial medicines, is to be increased or diminished; taking care that they do neither irritate or offend the stomach: to prevent which, especially if there be a tendency to reaching

† R Salis cornu cervi semi-scrupulum, succi limoniorum drachmas tres, vel q. s. ad saturationem, aquæ menthæ vulgaris simplicis drachmas decem, tincturæ stomachicæ drachmam unam, vini antimonialis a guttas x. ad xl. (vel potius in vicem vini antimonialis, tartari emetici quartam partem grani) syrupi è corticibus aurantiorum, drachmam unam, misceantur.



or vomiting, a few drops of *tinctura thebaica* must be added to each draught. If the volatile alkali, though combined with the juice of lemons, should be thought to decompose the antimonial preparation, the *vinum antimoniale*, or rather the *tartarum emeticum*, in small doses, may be administered, without the mixture of an acid or alkali in the prescription.

If the antimonial medicines, after thoroughly cleansing the bowels, produce a sweat, the patient will probably have an intermission of the fever, or at least a mitigation of its symptoms, in 24 hours; when the bark, if no symptom forbids, is immediately to be given. The next day a return of the fever is to be expected, if a sufficient quantity of bark has not been taken. In this case the antimonial medicines are to be repeated, during the continuance of the fever; or if the head-ach be violent, and the patient threatened either with a delirium or coma, a blister should be applied to the back, and recourse must be again had to the bark, as soon as the fever leaves the patient; to which, if he is much weakened by the preceding fits, some snake-root or camphire may be added.

If



If the antimonial medicines have not caused plentiful discharges by stool, as they often do, a purge † may be given occasionally, in the absence of the fever; copious bilious stools proving frequently critical and salutary.

These are the most proper methods of treating Europeans, upon the first attack of this fever in the West Indies, that a perfect intermission, the most desirable crisis, being by this means obtained, the bark may be safely and plentifully administered.

But on the other hand, if the patient, upon being first seized, makes no complaint of his indisposition; if, as is too often the case, he supposes his illness solely the effect of drunkenness, of debauchery, or any intemperance, of hard labour or violent exercise, when exposed to the heat of the sun; and from ascribing it to such causes, if he for some days neglects to make his condition

† R Corticis peruviani parùm contusi sesquidrachmam, aquæ libram unam, coquantur ad colaturæ uncias tres, in quâ solve salis cathartici amari drachmas sex, tincturæ corticis peruviani simplicis drachmas tres.



known to the physician or surgeon, and a yellow colour shews itself in the eyes, his case is already become extremely dangerous.

The *anxietas febrilis*, or a great oppression, with the sensation of heat and pain at the pit of the stomach, come on, and frequently precede copious discharges of bile, by vomit or by stool; they are also the forerunners of a jaundice. Sometimes the region of the liver becomes swelled, hard and painful. Strong and constant convulsions of the diaphragm, intercostal muscles and stomach, follow these symptoms, and are accompanied with a vomiting of green offensive bile, and afterwards of black dissolved blood, resembling the grounds of coffee, which is succeeded by bleedings at different parts of the body, a phrenzy, an universal gangrene, and death\*.

As

\* The following is an account of this disease, in the original, given by Doctor Bruce, an eminent physician, and native of the island of Barbadoes.

Febris



As to the prognostics, if a jaundice makes its appearance soon, it is a bad symptom :  
livid

Febris putrida, apud Nostrates dicta flava, quoniam plerumque sub finem morbi, cutis flavedine suffunditur; ab Hispanis Vomito preto, & a Gallis Maladie de Siam varie nominatur. Advenas ex climate temperato in Indiam utramque corripit, & eos, qui post labores diurnos & exercitium vehemens, sub solis ardoribus feroribus nocturnis exponunt: adjecto præsertim liquorum, ut dicunt spirituosorum abusu. . . . In omni anni tempestate, sese offert hic morbus; symptomata autem graviora observantur, ubi calor magnus cum multa humiditate conjungitur.

Incipiens dignoscitur languore, dein nausea quadam, & vertigine; paulo post accedunt albor & horripulatio, perraro tamen rigor: quos excipiunt ardor vehemens, & intensa febris cum summo capitis & lumborum dolore: rubet os totum, ardentque oculi; quæ signa, adjecta anxietate & præcordiorum oppressione, pathognomonica dicuntur. Pulsus adest velox, altus, quandoque pulsitans, sed mollis; in quibusdam velocissimus, & plenus, cum respirandi difficultate. Cutis aliquando sicca est, in primis præsertim morbi diebus, sed frequenter magis rorida. Sanguis etiam ingruenti morbo missus, colorem exhibet floridum, rutilum, & quasi rarefactum, crassamento vix cohærente, sero luteo croceo: flavescit urina. Somnus parvus est absque levamine;  
jactatio



livid spots, which sometimes shew themselves, portend death: if the skin continues  
very

*jactatio frequens.* Sitis in quibusdam summa est, vix adeo in aliis magna. Lingua in principio muco albescenti obducta, squalescit circa finem morbi, & in media scabra, coloris primum rufi dein quasi nigrescentis horrida apparet. Persistunt hæc ad diem tertium, aliquando quartum & ulterius. Cum vero causæ antecedentes acerrimæ sint, labefactantur ægri vires, & intra viginti quatuor horas, vel citius moritur. Quo citius his, primus absolvitur gradus, eo malignior solet esse morbus.

Tertiam vel quartam circiter diem deficit pulsus, fitque lentus, etiam solito magis, adeo ut absenti insuper cutis ardore, omnia in vado esse jactent indocti; falsa tamen spe tenentur, nam cito post omnia in pejus ruunt. Invadit coma, cum deliriis interruptis; vomitus porraceus, sudor gelidus, & deliquia; oculorum rubor in colorem fuscum mutatus, ad flavum accedit; his indiciis circa os, tempora, collum, dein per totum corpus flavedo hæcce diffunditur: mali ominis signa; ecce enim coma altum, pulsus vermicularis, & intermittens, hæmorrhagiæ, respirandi summa difficultas, jactatio perpetua, subsultus tendinum, extremorum frigus, convulsio, mors . . . . Observatu dignum est, hanc cutis flavedinem in quibusdam obrepisse post septimam & ultra diem; tumque vix adeo mali ominis esse . . .

Hæmor-



very dry and rough, the case is dangerous ;  
and the longer it continues in this state, the  
greater

Hæmorrhagiæ variis e corpore locis proveniunt ; e naribus scilicet, ore, oculis, atque cutis poris ; sanguis per sedes ejicitur, quasi niger, sic & vomitu. Urina icterica, nigrescens ; apparent notæ lividæ, & in membris gangrenæ. Post mortem corpus livet, juxta præsertim præcordia, quæ in principio sedes esse morbi videbantur, hepar scilicet & ventriculus : in putredinem post hæc omnia rapiuntur.

Exfurgunt indicationes.

1mo, Ut magnus & rapidus fluidorum motus, cum febris violentia minuatur, in primo morbi gradu.

2do, Ut e corpore eluatur putrida quævis materia, sic & putrescens humorum dispositio precaveatur, in omnibus morbi gradibus.

In incipiente igitur febre, quoniam plerumque pulsus velox & plenus sit, mittatur sanguis, pro ratione virium & ætatis : repetita perraro juvat missio. Si vero pulsus adsit debilis incipiente morbo, vix detrahendus est latex vitalis.

Cum ad secundam indicationem acceditur, caute procedendum est. Ventriculus enim inflammatus, vel summe irritabilis, sæpe lenissima ægre fert medicamina :



greater is the danger, as such patients seldom recover, though the pulse may give hopes,  
and

quare emetica minime exhibeantur, nisi perpetuam vomitionem inducere velis, & gangrænam : præterea morbi fomes in intestinis, five in hepate ad ductus bilarios inhærescens, multo magis feliciter catharticis lenioribus educitur. Æger, si adstringatur alvus, quod in principio sæpe fit, eccoprotica statim adeat, qualia sint decoctum tamarindorum & chrystalla tartari.

Si his non auscultet venter, auxilio detur enema quoddam emolliens, & catharticum. Sæpe tamen cum eveniat in primis morbi diebus, ut quæcunque cathartica, quamvis lenissima, ventriculo rejiciantur, fugiendum hoc in casu semper est ad enemata fortiora, donec probe soluta sit alvus : postea remanente adhuc nausea, vel quidem auctis vomendi conatibus, præcipiatur extracti thebaici granum, vel grana duo, sub pilulæ forma, hac ratione, usu scilicet enematum & opiatorum, trucem hunc morbum, haud semel in praxi debellavimus.

Tertium circiter diem, labitur pulsus, &c. fortiter nunc robur est sustinendum, medicamentis cardiacis, victuque idoneo, levi, & eupeptico.

Cortex Peruvianus magni foret hic usus, nisi nauseam moveret, vires tamen in quibusdam experti sumus,  
ubi



and the other symptoms also be flattering; for many have a good pulse in this fever a few hours before death.

If

ubi aderant hæmorrhagiæ, & alia summæ putredinis indicia, sed levis quidem in vomitus propensio.

Camphora, quæ in febribus putridis, lentis, optimum remedium est, huic non multum opitulatur: plerumque enim nauseam movet, quandoque tamen profuisse læti observavimus.

Radix serpentanæ virginianæ, valde antiseptica est, & fere semper levaminis multum ventriculi ægritudinibus adferre solet; leve autem adsit infusum.

Recipe radice serpentariæ virginianæ drachmas duas, infunde in aquæ bullientis libra; colaturæ adde elixiris vitrioli quantum sufficit ad gratam aciditatem, & dentur cochlearia duo vel tria sæpiissime. Infuso huic immisceatur vinum Maderense pro re nata.

Præscriptis omnibus ad ventriculum roborandum frustra tentatis, spes ægri julepo sequenti restoravimus.

Recipe aquæ menthæ simplicis, tincturæ stomachicæ partes æquales. Sumat cochlearia duo vel tria quaque hora vel semi-hora.

R

Per



If the vomiting is constant, if what is thrown up turns to a dark colour, and the patient

Perfistente adhuc nausea, recurrendum absque mora est ad extractum thebaicum (post sedatum ventriculum exhibeatur enema catharticum) cui medicaminis generi fere semper hoc in morbo plurimum insiftendum est; sic enim feliciter deorsum elicitur morbi fomes, atque materia feculina putrescens; ventriculusque levatus diætæ dein & medicinæ auscultat.

Diæta sit levis, ex vegetabilibus antisepticis deprompta; minime vero ex animalibus, quæ ad putredinem propius accedunt. Sit potus acutus. Decocta, vel infusa panis tostii in aqua, cum succo limoniorum vel tamarindorum juvant; adjecto ubi langueant vires vini pauxillo. In vinis primum locum tenent Maderense & Rhenanum. Hæc & potui esculentisque immista, parca simul copia sed sæpissime dentur.

In ultimis morbi diebus, cum summe langueant ægri vires, adfitque extremorum frigus, alique mali ominis indicia, augeantur adhuc medicamenta cardiaca.

Recipe radicis serpentariæ virginianæ drachmas duas, croci Anglicani semidrachmam, infunde in aquæ bullientis quantum sufficit ad colaturæ uncias sex. Adde vini Maderensis uncias quatuor, tincturæ stomachicæ uncias duas, misceantur. Capiat cochlearia duo vel tria singulis quibusque horis. Huic pro re nata addantur



patient hiccups often, the case is almost desperate. If the face be greatly flushed, and

addantur confectio cardiaca, vinum croceum, camphora, tinctura corticis Peruviani.

Absint, quæcunque sanguinem solvunt, quamvis cardiaca dicta, quales sunt sales volatiles, & spiritus cornu cervi vel ammoniaci, neque extremis admoveantur epispastica, quia sanguinem mire solvunt, hæmorrhagias atque gangrænam ferunt.

Præter salutifera dicta, in quibusdam opus est nervinis, ubi nimirum ex summa materiæ morbosæ acrimonia fit nervorum distentio, urgentque spasmi, cum singultu, hoc in casu, nulla, moscho & castoreo cum opio, præstantiora.

Sub finem morbi, prægressis dissoluti sanguinis notis, pacata postquam visa fuissent symptomata graviora, vomitus quandoque ex inopino recrudesceat; & miseros diarrhœa biliosa stipatos ad orci fauces pellit; quosdam vero feliciter servatos novimus hac ratione.

Recipe corticis Peruviani contusi semunciam, coque in aquæ fontanæ unciis duodecim, sub finem coctionis adde radicis sepentariæ virginianæ, florum chamæmeli, singulorum, drachmas duas; fiant uncia sex colaturæ; cui adjiciantur balsami sulphuris terebinthinati guttas quinquaginta, tincturæ thebaicæ guttas octoginta; ge-



and the vessels of the tunica adnata become red, as in an ophthalmia; and if this symptom is accompanied with a phrensy, the patient will die in a very short time, especially if the skin be dry.

On the other hand; if the head continues unaffected, the pulse becomes soft, the pains, anguish and retching be somewhat abated, by bleeding or other means; if the humours which so violently irritated the stomach, be carried off by gentle purging; and if the skin becomes soft and moist, if the

latinæ amyli uncias duas; misce, fiat enema statim injiciendum, & diu retinendum.

Si vero enema antisepticum & anodynum fortiter minus opituletur, præscripta simul est in quibusdam pilula sequens,

Recipe extracti corticis Peruviani grana quatuor, camphoræ, extracti thebaici, singulorum granum unum. Misceantur. Fiat pilula secundis vel tertiis quibusque horis sumenda, donec sistantur paululum motus ventriculi & intestinorum . . . . Enematis ejusdem & pilulæ vires, in dysenteria putrida, adstante jam spha-celo, haud semel experti sumus.



patient becomes composed, and is relieved from that oppression of spirits which before distressed him ; it is probable that he will recover—as all these appearances are salutary.

As to a crisis of the fever, it may happen in different ways, without any respect to the critical days enumerated by the antients. It sometimes happens by sweat ; but the most favourable and certain hopes of recovery, being the best termination of all fevers of this sort, are from eruptions of small boils on the surface of the body.

A diarrhœa proves also a favourable crisis. A bleeding from the nose or an artery, in the beginning of the fever, has sometimes saved the patient's life. But hæmorrhages, when profuse, or towards the end of the disease, are fatal. Buboës, and a swelling of the parotid glands, are unusual, though salutary symptoms.

Would the *potio frigida*, so much recommended by the antient physicians, and administered in fevers by many of the moderns



in different parts of Europe, be serviceable in this disease?

In the neighbourhood of unwholesome, damp and woody places, during hot weather, a fever often makes its attack with a delirium. In this case, after bleeding, if it has been indicated, antimonial medicines and blisters are chiefly to be depended upon; together with the immediate removal of the sick into another and purer air.

At the same time, sal nitri may be given in large doses well diluted; or if nauseated by the patient, the spiritus nitri dulcis † will be found to sit easy on the stomach, and the sal nitri ‡ may be administered in clysters; the feet being frequently bathed or fomented

† R. Aq. alexiter. simpl. drach. vi. aq. alexiter. spir. drach. i. succi limon. (sal absinth. saturat.) drach. iij. spir. nitri dulcis drach. i., syr. simpl. drach. ij. M. f. haustus quarta quaque hora sumendus.

‡ R. Aq. hordeatæ unc. x. salis nitri ʒβ, albumen ovini M. fiat enema bis terve de die injiciendum.

with



with warm water, and sinapisms || applied to them, if the case is obstinate.

In violent deliriums, especially if attended with convulsive twitchings, musk ‡, by itself, or with cinnabar, is proper. If there be worms in the stomach or intestines, 10 or 15 grains of calomel may safely be given ;

|| R Farinæ avenac vel tritic. Pulv. sinap.  
singul. p. æ. aceti q. s. M. s. a., fiat cataplasma pro  
pedibus.

‡ R Moschi gr. x. ad xv. sacchar. alb. drach. i. ter-  
rantur simul in mortario, dein adde mucilag. gum.  
Arabic. scrup. iv. aq. fontan. drach. xiv. aq. alexiter.  
spir. drach. ij. M. fiat haustus sexta quaque hora su-  
mendus.

R Cinnabaris gr. xij. confect. cardiac. q. s. fiat  
bolus sextis horis sumend. cum haustu moschato supra-  
scripto.

R Capit. papaver. alb. drach. vi. coquantur ex aq.  
font. lib. ij. ad dimidiam, addendo sub finem cocturæ  
rad. serpent. virg. contus., rad. contrayerv. āā drach. ij.  
coletur liquor fortiter exprimendo, postquam refrixerit ;  
et dentur unc. ij. omni quadrihorio additis nonnunquam  
elixir paregor. gutt. x.



and towards the end of the fever, when a constant inquietude and long want of sleep distress the patient, soporific medicines are beneficial.

Leeches applied to the temples, and cupping-glasses to the nape of the neck, have also proved serviceable.

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## S E C T. II.

### *The Dysentery and Cholera Morbus †.*

**T**HE flux is also a disease which usually afflicts strangers in those climates. We indeed meet with few instances of an epidemical malignant fever, which is not accompanied in some patients with a flux. —The flux sometimes appears by itself, often ushers in the fever, but still more frequently

† This disease in the East Indies, where it is very frequent and fatal, is called the Mordechin.



accompanies it. In the first case, it is generally milder, and less mortal.

The distinction necessary to be made between fluxes in all climates, is,—That those which attack persons in perfect health, may be considered in the light of what physicians term original diseases; but those fluxes which attack persons much weakened by a fever, and reduced to a very low condition of body, are properly symptomatic, as they proceed chiefly from the patient's debility and weakness, of which the flux is a certain proof.

When a violent dysentery seizes a person in health during warm weather, I judge the following the most proper means of relief.—After bleeding with great caution, and giving a few grains of ipecacoanha, by way of a vomit, with an opiate after its operation, let a full dose of *sal catharticum amarum* be administered, in order to cleanse the intestines; and afterwards let recourse be had to ipecacoanha, in the smallest doses, with opiates and rhubarb. Lastly, when the pains in the bowels and fever are quite gone, and the purging  
much



much abated, the cold bath will, in all hot countries, contribute greatly towards a perfect re-establishment of health.—Or, for the thorough cleansing of the intestines, at the beginning of this disease, especially if a fever accompanies it, an ounce of manna, and two grains of tartar emetic, may be dissolved in a pint of common emulsion, with the addition of half an ounce of syrup of white poppies. Of this mixture an ounce should be taken every hour, until the bowels are sufficiently emptied; after which an opiate is to be given, and then a mixture of the bark with opium will often compleat the cure.

But if the dysentery be accompanied with violent retchings, or a severe vomiting, on its first attack, and the patient be threatened with a cholera morbus, other medicines must be prescribed. In the first place, the stomach must be evacuated of its contents, by the gentle stimulus of large draughts of a weak decoction of chamomile flowers, or with warm water, adding to it a few drops of spirit of hartshorn, to remove the cramps and spasms with which the patient at  
such



such times is often afflicted. The decoctum chamœmeli must also be administered in clysters, until the intestines be likewise perfectly cleansed: after which an opiate † must immediately be given. If the opium be vomited up, it is then to be given in double the quantity, by way of clyster, in four or five ounces of warm water, and repeated at an interval of six or eight hours.

When other methods have failed to stop the vomiting, I have often found success from the external application to the stomach of warm wine and spices, of opium and camphire ‡. A drop of the oil of cinnamon,

† R Sal absinth. scrup. i., succi limon, unc. fs. vel q. s. ad saturationem, aq. menth. vulg. simp., drach. x., aq. menth. vulg. spir., drach. ij. syrapi papav. alb., drach. i. tinct. thebaic., gutt. xxx. M. Vel R Opii puri gr. i. olei menth. piper. essential gutt. i. M. fiat pilula.

‡ R Linimenti saponac. drach. vi. tincturæ thebaicæ drach. ij. Misce.

R Camphoræ (olei olivar. unc. ij. solut.) unc. i. tincturæ thebaicæ unc. fs. Misce.

R Em-



mon, taken upon a piece of sugar, musk, mint, and sometimes elixir vitrioli and spiritus nitri dulcis, are the most proper internal medicines; allowing the patient for drink, mint-tea, toast and water, or almond-emulsion, and sometimes chicken broth. But if the vomiting continues for some time to be very obstinate, and the bowels be well purged, the safety of the patient will then entirely depend on bathing the stomach well with opiates and camphire, and on administering tinctura thebaica in clysters, to be repeated with an increase of the opiate every eight hours, until the vomiting and pains cease, or the patient's head be affected by it.

In such obstinate and dangerous cases, I have sometimes been obliged to increase the quantity of tinctura thebaica to half an ounce in the clyster, before the spasms could be removed. But previous to giving

℞ Emplastri e cymino unc. i. fs., opii, drach. fs. camphoræ, drach. i. olei essential. menthæ vulgar., gutt. x. Misce, fiat. s. a. emplastrum regioni ventriculi applicandum.

opium



opium in so large a quantity, I generally applied blisters to the legs, after using the pediluvium ; or if a violent and fixed pain in the stomach, or in any part of the abdomen, had continued from the beginning of the disease, which was not removed by bleeding or warm fomentations, I then applied a blister to the seat of that pain.

In the dysentery or cholera morbus, when the whole abdomen is hard, tense and painful, immediate ease is often procured by fomenting it with a decoction of chamomile and elder flowers, together with some heads of white poppies, sprinkling the flannels dipt in the fomentation with spir. vin. camphoratus, immediately before they are applied.

In some dysenteric cases, opium proves most effectual when given by the mouth, in others when in clysters. For other anti-dysenteric medicines, see Formulæ medicamentorum.



## S E C T. III.

*The Dry Belly-ache.*

**B**ESIDES the prescriptions formerly † given for the dry belly-ache, a table spoonful of the oleum palmæ Christi may be swallowed every hour, until a stool is procured. I am informed some have received benefit from a mixture of equal parts of sweet oil, lime-juice and Holland's gin; of which two spoonfuls were taken every half hour, until the pains were abated by a plentiful sweat; though after all, the principal relief in this painful disease is to be expected from persisting in the use of opium, in clysters ‡, and in embrocations || on the part affected, until the pain is somewhat mitigated; taking then the opportunity of

† Vid. Formulæ medicamentorum.

‡ R Aq. font. tepid. unc. vi. tinct. thebaic. drach. unam—ad semunciam, M. fiat enema.

|| R Liniment. saponac. unc. iij. tinct. thebaic. unc. ij M.



administering cathartic medicines by the mouth to procure stools, whose operation will be greatly forwarded by the warm bath. Stools being obtained by these means, the patient must be kept in a lax state for some time afterwards, by gum pills with aloes †; and if afflicted with rheumatic or paralytic complaints, nervous and strengthening medicines should be taken.

When the vomiting is incessant, the pain very acute, and nothing can be retained upon the stomach, Dr. Eliot observes, that stools may be procured, and all the uneasy

† R Pilul. gummos. gr. xv. camphoræ, aloes foccotrin. ana gr. iv. elixir aloes q. s. f. pilulæ iv. quotidie sumendæ.

R Balfam. Peruvian. (in vitello ovi solut.) drach. ij. aq. font., unc. vi., tinct. valerian. simpl., unc. i. spir. lavenduli comp., semunc. syrup. balsam., drach. vi. M. dosis unc. i. fs. bis die.

Vel R Sal succin., ʒβ, sal cornu cervi, gr. vi. aq. font., drach. x. aq. juniper. comp., drach. ij. syr. e corticib. aurant., drach. ij. M. fiat haustus octava quaque hora sumendus.



complaints removed, by giving purgatives, joined with opiates and camphire ‡.

At the same time emollient clysters should be given, and the belly fomented with the fots communis, to which soap ought to be added, when the constipation is remarkably obstinate.

‡ R Pilul. ex colocynthide simp., scrupulum unum, calomelanos, camphoræ, singulorum, grana quatuor, opii, grana duo, fiant pilulæ, numero sex, quarum duæ assumantur quaque hora, donec bis terve soluta fuerit alvus.

Camphora cum guttulis aliquot spiritus vinosi rectificati teratur, ut mollescat, atque opium eodem modo emolliatur, his peractis perfecte misceantur cum reliquis.



S E C T. IV.

*The Tetanus and Locked Jaw.*

**I** BEFORE observed, that the tetanus, emprosthotonus and opisthotonus, are most frequent in hot countries ; in all which opium seems to be the principal remedy.

In these diseases opium may be administered in large quantities, an hourly increase of the medicine being requisite, in proportion to the violence of the spasms. In a case of the opisthotonus at Haslar hospital, the extractum thebaicum was given, to the quantity of a scruple, in less than twenty-four hours : and in another case it was remarkable, that an application of opium and camphire to the feet instantly removed the spasm ; which upon taking off the application, immediately returned with its former violence. This effect was several times produced by the repeated applications of these preparations.

S

But



258 *The Tetanus and Locked Jaw.* Part III.

But the spasm most fatal to Europeans in hot countries is the locked jaw, which is the frequent consequence of an amputation, or even sometimes of a slight wound in those climates. It was fatally experienced towards the end of the late war, at one of the most remarkable sieges in the West Indies, that five persons in six, whose limbs were amputated, died of that spasm.

There appears to be no fault in the blood in such cases, nor an universal disorder in the solids, preying on the vital organs, or debilitating the principles of life, this being merely a local muscular spasm; hence it is to be hoped that a sufficient number of experiments will discover an effectual method of removing this dangerous symptom; and for this purpose I beg leave to offer a few considerations.

As the locked jaw most frequently makes its appearance in warm weather, and in hot countries, would not an immediate change of air prove the means of saving the patient's life? Where it is impossible to remove the patient into a cool air, would not some benefit



nefit be derived from the immerfion of the whole body, or part of it, in cold water; adding frequently fal ammoniacum or nitre, in fuch quantities, that by the continual folution of thefe falts, the water may acquire the utmoft degree of coldnefs?

As the internal ufe of opium has been frequently found ineffectual to remove this dreadful fymptom, would it not be greatly affifted by the external application of a ftrong folution of opium to the wounded part, and even to the feat of the fpafm, in fuch a quantity, as to bring a numbnefs and paralysis on thofe parts?



## S E C T. V.

*The Barbiers.*

**T**HE barbiers, a species of the palsy, is a disease most frequent in India. It distresses chiefly the lower class of Europeans, who, when intoxicated with liquors, frequently sleep in the open air, exposed to the land winds. Its attack is generally sudden, and entirely deprives the limbs of their motion. Sometimes all the extremities of the body are affected, sometimes only part of them. The natives of the country have a method of putting the patient into a hole dug in the ground, and covering him with sand up to his neck : this is done in the middle of the day, and he remains there as long as he can bear the heat of the sand, which is considerable.

Camphire and a decoction of Guaiac wood have sometimes produced a good effect. But notwithstanding the use of the  
most



most powerful nervous medicines, the patient generally continues paralytic for some months, unless he be removed into another air.

On the Malabar coast this disease is more violent and frequent, and attacks both natives and strangers, especially in the months of December, January, February and March. During these months the land-winds issue every morning, about sun-rise, from the neighbouring mountains, with remarkable coolness; and such as, being tempted by the serenity of the season, sleep exposed to these winds, are often suddenly seized with a very painful sensation in the periosteum of the arms and legs.

In persons of a good constitution this pain abates as the day advances, and as the air becomes warmer; but in others it continues for a considerable time, attended with a weakness of the knees, and uneasy sensations in the calves of the legs and soles of the feet, especially on any attempt to walk. This is scarce ever cured by medicine till after the shifting of the monsoon, unless the



patients can be removed to the coast of Coromandel, or to any place to the eastward of the Balagat mountains, where, by the change of air, they quickly recover.

But I now pass on to offer a few directions, for the benefit of those Europeans, who perhaps after their constitutions have been impaired in hot and unhealthy climates, are desirous of returning to their native country; which we shall make the subject of the following chapter.



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## CH A P. II.

Directions for the benefit of those  
whose constitutions have been im-  
paired abroad.

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### S E C T. I.

*Directions for those of a relaxed and bilious  
habit of body.*

**P**EOPLE whose health has been im-  
paired abroad, and who propose to  
revisit England, should endeavour to arrive  
in the beginning of summer, as they will  
find the winters of Great Britain, on their  
first arrival, too piercing and severe for their  
constitution.



If they have lost their complexion, and have a yellow tinge in their eyes or countenance, if the stomach be much weakened, the digestion bad, and the constitution infeebled and relaxed, if they have had frequent fits of the cholic, or an hardness remains in the liver, spleen, or in any of the bowels, they ought immediately to go to Bath.

They will find the Bath waters an excellent restorative, and well adapted to these complaints; as also for a contraction of the limbs remaining after the dry belly-ache.

Those who are afflicted with bilious cholics and obstructions, occasioning a hardness of the abdomen, frequent costiveness, and a vomiting at intervals of pure bile, should take a tea spoonful of elixir aloes morning and evening, and 20 or 30 drops of elixir vitrioli twice or thrice a day, upon an empty stomach. There are however three cases of such patients which forbid the use of the Bath waters, and which require very different means of relief: a consumptive  
habit



habit of body, a dropfical habit, and an habitual flux.

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S E C T. II.

*Directions for those of consumptive and dropfical habits of body.*

**A** Consumptive habit of body is commonly attended with an obstinate cough. I would advise such as are in that situation, before they land in England, to pass a winter either in Lisbon, Naples, or the south of France. Sometimes the hot-well waters of Bristol, a voyage at sea in the summer time, and issues in the affected side, have been attended with benefit \*.

In habits exhausted by a long residence in warm climates, and by frequent returns of the diseases prevalent in them, even when those

\* See the proper prescriptions under the article Phthisis in Formulæ Medicamentorum.



unhappy persons arrive in Great Britain at an unfavourable season of the year, with hardness of the abdomen, bilious purging stools, and hectic fever wasting their bodies, and diminishing their strength, Dr. Eliot informs me, that he has often succeeded in restoring their constitutions, by laying aside the use of opiates, astringents, and the whole class of those medicines commonly called strengtheners, and putting them upon a diet of milk and fruits; at the same time giving the sal polychresti, as an alterative; or if it produced too much irritation in the stomach and bowels, giving it with gum arabic.

During this course, and whilst the hardness remained, the belly was rubbed, night and morning, with a strong decoction of the cicuta made in oil.

Dr. Eliot likewise observes, that in all consumptive cases, where the fever was considerable, riding, as well as every other exercise did hurt, increased the violence of all the symptoms, and rendered the disease more speedily fatal.

The



The Doctor likewise informs me, that though he has been induced by very respectable authorities to give the bark in scrophulous habits, yet he has never seen any good effects from the use of it, where there were marks of inflammation, but that generally it produced a confirmed phthisis, by increasing the fever, and bringing the tubercles to suppuration.

He also observes, that he has been confirmed in his opinion with regard to the bad effects of the bark in such cases, both by the success which has attended a different treatment in his own practice, and by the repeated observations of Sir William Duncan, a physician of great ability and experience, who after upwards of thirty years practice in London, and the most frequent opportunities of treating patients who laboured under all the various degrees of consumptions, and obstructed glands, from hereditary as well as from other causes, yet never saw any benefit from giving the bark, where these complaints were attended with an inflammatory fever, but generally found that



that the disease was fixed by it, and rendered incurable.

Those who are afflicted with a dropfical habit of body, may come directly from a hot country to England, as a cool air will contribute much to their recovery. The best method of treatment of this disease has been given by the justly celebrated Van Swieten †, to which I have only to add, that when the constitution was tolerably sound, I have often cured very obstinate dropfies, by exciting a gentle salivation with a scruple of pilulæ mercuriales ‡, taken every other night, and on the intermediate days giving a diuretic mixture of syrup of squills, with sal diureticus.

By this method I cured above 40 dropfical patients in the year 1765, who were

† Vid. Comment. in Boerhaavii aphorismos, tom. 4. See likewise an Essay on the dropfy, and its different species, by Dr. Monro.

‡ R Aq. pulegii simpl. unc. v. aq. raphani comp. unc. i. sal diuret. drach. i. oxymel. scillit. unc. fs. M. cap. unc. fs. 4tis horis.

seized



feized with the disease after obstinate intermitting fevers.

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S E C T. III.

*Of an habitual Flux.*

**T**HE most frequent malady with which persons are afflicted, who have suffered much sickness abroad, is an habitual flux.

When rhubarb and other medicines have failed, and particularly when ipecacoanha, in small doses, though joined with opiates, seemed to ruffle such patients, I have observed good effects from ten grains of lapis calaminaris finely levigated, then mixed with an equal quantity of philonium Londinense, and taken morning and evening; as also from a decoction of the Semiruba bark †, when it did not occasion a nausea or sickness, which it sometimes does.

Among

† R Corticis Semirubæ unciam unam, aquæ fontanæ sesquilibram, coque ad libram unam. Tum colandus



Among an uncommon number of such patients, whom I have had frequent opportunities of visiting, I always found, that if the flux was very obstinate, no relief could be obtained without the aid of opium. There was a necessity for adding it to all the other medicines, whether purgative or astringent. Opiates, especially those of the warmer kind †, are as specific in such cases as the bark is in agues: and if the patient seems more relaxed by the use of them, or more purged after the short respite obtained from them, these are proofs of the strength of the disease overpowering the efficacy of the remedy, and by its continuance sinking the patient's strength.

landus est liquor, quem totum partitis haustibus ægrotus ebibeat quotidie ante meridiem.

This medicine I first used on the recommendation of Doctor Wind.

† R Phlon. Londin. drach. ss. pulv. rhubarb. gr. x. syrupi papaver alb. q. s. f. bolus mane et hora decubitus sumendus.

R Olei cinnamomi, guttam unam, opii puri, granum unum, confect. cardiac. boli gallicæ sing. scrupulum unum, syrupi cujuslibet, q. s. f. pilulæ.



I have seen an hundred cases of this sort, where the whole fluids of the body having been (as it were) drained by a long continued flux, the discharge at length stopt, and the patient lived afterwards in good spirits for some weeks, though reduced to a perfect skeleton. After death, the intestines were found perfectly free from ulcerations, and in a sound state.







# A P P E N D I X.

## *Concerning Agues.*

**I** CANNOT prevail upon myself to conclude this subject, without offering a few directions; for the benefit of those who reside in low, damp places in England; which may be also beneficial to others in similar situations.

A person may be seized with an intermitting fever, or what is vulgarly termed an ague and fever, in the most wholesome spot of ground in England.—This disease however is peculiarly endemial, in low, woody and marshy places; where persons of all  
 T ages,



ages, and of both sexes, are subject to its frequent attacks; from which even infants at the breast are not exempted. It is far from being mortal to the natives, though its long continuance is apt to impair their constitutions, and to produce obstinate chronical distempers.

In this endemial sickness the greatest danger is to be apprehended from its appearance at particular seasons, in the form of a continual or remitting fever, attended with violent and alarming symptoms, especially that of a delirium; from which it is commonly denominated the phrensy fever.

If large quantities of blood be repeatedly taken from patients labouring under this disease, by mistaking it for a true inflammatory fever, its obstinacy and fatality will be greatly increased. These profuse bleedings are more particularly hurtful, when symptoms indicate a speedy remission of the fever, or its termination in a regular ague, commonly prevalent at the same time.

It



It is much to be wished that we were possessed of a medicine which would speedily remove this species of fever, or bring it to a perfect intermission, so that the bark might be administered with safety. I have already mentioned, in the former part of these sheets, the method which proved most successful for this purpose, during an unusual and violent prevalence of this fever, in the year 1765. But having made frequent mention of the febrifuge virtue of antimonial medicines, in this and my former writings on fevers, I shall here take the opportunity of delivering my sentiments more fully upon them.

By an order from the right honourable the lords commissioners of the admiralty, the navy of England and the naval hospitals were supplied with a medicine, called Doctor James's Powder; with instructions to observe and report the effects of it in fevers.

In obedience to that order, this powder has been given at Haslar hospital, in various cases of fevers, to above a thousand patients,



for whom antimonial medicines were judged safe and proper.—It was always thought most adviseable to give only a small dose at first, in order to try its effects on the patient; as antimonials, in a full dose, often prove unexpectedly violent, and hurtful in their operation. A third or fourth part of the powder contained in one paper was commonly prescribed at first, and repeated every four hours. When the whole quantity in a paper, which varies in weight, from 24 to 30 grains, had been thus administered, without producing any sensible effect, half a paper was given in one dose, and repeated every six or eight hours; after which, if the patient still remained costive, and it was judged that stools would be useful, a whole paper was administered at once; that quantity having been frequently found to be a mild and efficacious purge, even after the recess of the fever.

If the patient could swallow a bolus, this powder was mixed with *conserva fructus cynosbati*, except when there was a diarrhœa, or too frequent stools; in which case it was administered in a proper dose of *philonium Londinense*,



dinense, which effectually checks its purgative quality. When there was a subsultus tendinum, four or five grains of camphire were added to the powder, and other medicines occasionally.

This powder was given with most success, when the head was afflicted with violent pain, or stupor, and often when the patient was delirious or comatose, or both; in which last state, after he had continued several days, there were many instances of an apparent speedy and salutary effect from this medicine.—And it was remarked, that this effect was produced, whether the medicine evacuated by stool, or acted only as an alterative; and it seemed not to depend upon the benefit of any evacuation, but upon the specific febrifuge virtue of the powder.

It is however to be observed, that when this powder was given, nothing had been omitted, on account of its administration, which could promise relief or safety to the patient; bleeding, blistering, and all other



requisite evacuations were used, together with the most proper regimen.

But as fevers differ much in their nature, one remedy, or one powder, cannot be universally successful in all fevers; for as bleeding is known to be of great benefit in some, so it will be found, towards the conclusion of this Appendix, that opium is of equal benefit in others; and the effects of bleeding and opium are so entirely opposite to each other, that the mistake of applying one of those remedies where the other is proper, must be attended with bad consequences.— In the same manner, the promiscuous use of this powder, in the hands of the ignorant and of quacks, will render it doubtful, whether such a remedy would do most good or harm. As physicians cannot venture to prescribe a medicine, of a composition unknown to them, being unable to judge from what ingredient or quality in that composition any bad symptoms may have proceeded, which might accidentally be produced by its use; so upon the whole, this medicine, until made public,



public, is not likely to be of great benefit to mankind.

As to other antimonial medicines, such as the Kermes mineral so much used in France, and the antimonium diaphoreticum, I have very little experience of their effects; but from repeated trials, find the tartarum emeticum possessed of a virtue eminently febrifuge, and similar to that of Dr. James's powder.

This antimonial preparation requires also to be occasionally compounded with other medicines, to improve its efficacy, or to prevent its irritation of the stomach and bowels †. Half a grain ‡ of it will be quite sufficient for the first dose, which may be repeated every six hours.

† See more on this subject, in my papers on Fevers, pag. 82 & 83.

‡ Rec. Aq. alexiter. simpl. drach. x. aq. alexiter. spir. fyr. e corticibus aurant. singulorum, drach. i. tartar. emetic. granum dimidium. Misce. fiat haustus, cui adde, pro re nata, nitri gr. iij. vel iv.



Upon several comparative trials, in similar cases of patients, I have found the tartarum emeticum to be possessed of a greater febrifuge virtue than the vinum antimoniale. I have however sometimes prescribed with success the vinum antimoniale in large quantities, when a patient, in a fever, had continued for several days in a doubtful state of recovery, comatose, and insensible, with a continual stupor on the brain, and a violent struggle and oppression of the vital organs.

In this case, I give a drachm of the vinum antimoniale diluted with water, and repeat it every two hours, with the increase of half that quantity, until an ounce is taken, or some sensible effect produced. If it brings an inclination to vomit, this evacuation should be promoted by drinking warm water. When there is a tendency to a looseness, lest the operation of this medicine by stool should reduce the patient's strength, I order forty drops of the tinctura thebaica to be added to an ounce of this wine; having found the operation of all these antimonial medicines this way easily prevented by an opiate.

A cau-



A caution is here requisite, carefully to avoid the addition of an alkali to an antimonial preparation, as it would decompose the antimony, in most of its preparations commonly used. Hence the testaceous powders, frequently combined with tartarum emeticum, would seem totally to divest that medicine of its efficacy. Let me add, that these medicines being of such importance, ought to be prepared with the greatest exactness, and used when newly made, as long keeping, or an exposition of them to the air greatly injures their virtues.

But continual fevers not being the subject of this Appendix, I now proceed to the more immediate object of our attention, the prevention and cure of intermitting fevers.

For the benefit of such persons as reside on unhealthy situations in England, I offer the following directions.—First, in autumnal and aguish seasons, carefully to avoid all sudden transitions from severe cold to great heat, or from great heat to an excess of cold, but particularly not to expose the body to an easterly wind, rain, or night fogs; which



which produce a chillness, and are generally said to be productive of colds. It is to be observed, that the causes of the diseases of which we treat are of two kinds.

The immediate cause of agues in those situations, is the soil and air of the place : but the pre-disposing causes, or those which render the constitution subject to their attacks, are many and various ; such as lying in a damp room, in linen not sufficiently dry, or travelling in a cold damp night, neglecting immediately to put on dry clothes after being wet by rain, and the like incidents.

The vulgar commonly ascribe most fevers, agues, and other indispositions, both in hot and cold climates, to such causes, or to irregularities in living : but the truth is, that all these pre-disposing causes, vulgarly assigned as solely productive of those diseases, only dispose the constitution to receive the hurtful impressions of a bad air.

The second direction is, for strangers not to reside in such places during those seasons,  
but



but to retire into large towns, where the bad effects of a damp air are in some measure removed by the number of fires, and the smoke. For it has always been remarked, that agues are not only more frequent, but also more violent, in the country, and in farm-houses, than in large villages or towns; and a retreat thither, or to a more dry and elevated situation, although at no great distance, often proves the most effectual preservative against them.

Thus in the autumn of the year 1759, two regiments, which lay encamped on South-Sea Common near Portsmouth, were greatly afflicted with intermitting fevers and fluxes: but upon leaving that spot of ground, and encamping about five miles distant from it, on Portdown-hill, not one man was afterwards taken ill of those diseases.

When necessity obliges men to remain in unhealthy situations, they should sleep in the highest apartments of the house, which look to the rising and meridian sun. Houses built in such places ought to be so constructed as to have no doors or windows fronting



fronting a damp soil or marsh ; a precaution which would undoubtedly contribute much to the health of its inhabitants. Wood fires kindled in the rooms morning and evening, during the continuance of an easterly wind, will prove serviceable, especially if made of resinous woods, such as pine or fir.

Thirdly, Persons in such places and seasons should avoid exposing themselves, when fasting, to the chills of the morning and evening air, and never go abroad with an empty stomach, but previous to labour or amusement in the fields, they should take either a glass of wine, with a slice of bread, or drink a small quantity of chamomile or bark tea.

When labourers are obliged to work in the open air, before the sun has dispersed the unwholesome vapours arising from low meadows or marshes, their masters should infuse some garlic, bark and rhubarb, in brandy, and give them a dram of it, either by itself, or diluted with water, in the morning, before they go abroad. This would



would prove a good preservative of health, especially to such as are to be employed in digging ditches, draining marshes, and the like dangerous occupations. Labourers so employed would do well to chew garlic or rhubarb, to put small plugs of tobacco in the nostrils, and not to swallow their spittle.

In all damp seasons and places, smoaking tobacco is beneficial, as also a more plentiful diet of flesh, with wine and spices, the frequent use of the cold bath, and the flesh brush. The pit of the stomach, the feet, and the back-bone, are more particularly to be guarded from cold, by coverings of flannel: and persons of a delicate constitution may not only have their flannel, but also their linen and wearing apparel, daily fumigated and warmed, by the steams arising from gum Benjamin thrown on embers.

Such as would rather choose external, though less efficacious means of safety, may wear garlic or camphire, sewed up in a piece of linen, suspended at the pit of the stomach, or on the groin. And indeed the known



known efficacy of remedies outwardly applied, and the extreme subtilty of the effluvia from those here mentioned, render such preservatives not altogether so contemptible as commonly imagined.

Strangers in such places, or those who are subject to agues, should take every other night two or three tea spoonfuls of tinctura sacra, or a few grains of pilulæ Rufi. These medicines ought not to be taken in such quantities as to become purgative, but only to keep the body in a gently lax state.

For farther prevention, a wine glass of an infusion of the bark and orange peel in water †, or what will prove more effectual, a table spoonful of a strong tincture of the bark ‡, in spirits, diluted occasionally with water, may be taken every morning before breakfast.

† Recipe Cort. Peruvian. contus. unc. i. cort. aurant. hispaliens. semunciam, aquæ fontan. bullient. sesquilibram. Simul infundantur. Subsidentia depuretur liquor & tempore usus caute effundatur.

‡ Recipe Cort. Peruvian. trit. unc. i. spirit. vin. Gallic. unc. viij. Digere per quatrimum et cola.



When a person is attacked with a fit of shivering, or the chills of an ague, he ought to go to bed; and mixing about two ounces of vinegar with a quarter of an ounce of finely powdered chalk, or of prepared crabs eyes, should drink them immediately, while in an effervescent or fermenting state. This draught generally shortens the cold fit, and produces a profuse sweat; and the repetition of it in all the subsequent paroxysms will prove equally serviceable in mitigating and removing the cold fit; as I have experienced in several hundred cases.

But for the cure of this disease, early recourse should be had to medical advice; and the physician will be able to judge what preparation of the body is requisite, previous to the administration of the bark: a vomit, or a stomachic purgative, such as tinctura sacra, generally answer well.

It is not unworthy our observation, that agues or intermitting fevers have been so malignant after hot summers, in some unhealthy spots of England, that there was an absolute necessity to administer the bark  
upon



upon the first intermission of the fever, with scarcely any preparation of the body, as a return of the fit often proved fatal.

We before remarked, that at the late siege of the Havannah, the administration of the bark was said to have produced the dropsy, jaundice, bilious obstructions, and other chronical distempers: all of which were the effects of a bad air, or of the continuance of the fever, and not the consequence of having taken the bark. Indeed most of the prejudices commonly entertained against this medicine are founded on imperfect observations, and proceed from not distinguishing the effect of the remedy from that of the disease.

I had daily opportunities of knowing the truth of this matter, during the uncommon prevalence of remitting and intermitting fevers in the year 1765, and in the two following years; when they spread themselves over the greater part of England, and furnished me with a number of patients, labouring under all the various symptoms of these diseases.

When



When the ague was stopped by the bark, immediately after the first or second fit, as in my own case, and that of 200 of my patients, neither a jaundice nor dropfy ensued: whereas when the bark could not be administered, on account of the imperfect remissions of the fever, or when the patient had neglected to take it, either a dropfy, jaundice, or a constant head-ach, were the certain consequences; and the degree of violence was in proportion to the number of the preceding fits, or to the continuance of the fever. By every paroxysm, the dropfical swellings were visibly increased, and the colour of the skin rendered of a deeper yellow.

When the fever continued a few days without remission, the belly and legs were generally swelled; at the same time a violent head-ach and vertigo afflicted the patient, insomuch that even after the fever had left them for a fortnight or three weeks, some were not able to walk across their chamber.



When the returns of the fever were perfectly regular, and even but slight, four or five fits of a simple tertian were sometimes followed by the most dangerous symptoms; especially in the year 1765, when these fevers raged with the greatest violence: as in the following instance—

A boy of 14 years of age was attacked with an intermitting fever, for whom I ordered a dose of *tinctura sacra*, and afterwards the bark; but to my great surprize, notwithstanding several ounces of bark had been prescribed, his ague still continued. After having suffered six fits of it, I found much water in his breast, belly and legs; and his countenance was so bloated and yellow, that his case seemed desperate. I was then informed, that having an insuperable aversion to medicines, he had not taken any of the bark, but was now willing to submit to every thing that would contribute to his recovery: upon which I ordered him to take a drachm of the bark every two hours, and occasionally a mixture of *syrupus scilliticus* with *sal diureticus*. Thus another fit, which in all probability would have put



put an end to his life, was effectually prevented.

If, as frequently happened, a dropfical patient suffered a relapse into the ague, there was an absolute necessity for putting an immediate stop to it by the bark ; and in above seventy such patients, I never observed any other than the most beneficial effects to have accrued from that medicine.

I never prescribed the bark until the patient was free from all symptoms of the fever ; and in that case, without regard to a cough, or any other chronical indisposition, I ordered it to be given in large doses. Of between four and five hundred patients, afflicted with remitting or intermitting fevers, under my care that year, I lost but two ; neither of whom had taken the bark.

My method of treating those patients will appear in the two following cases :

I. A young gentleman was seized with a fit of an ague, and in half an hour afterwards became delirious, then comatose, and



at length speechless. Finding him in this last state, I ordered a blister to be immediately applied to his back, and a cordial julep with salt of hartshorn to be poured into his mouth. In two hours afterwards, upon recovering his senses, I ordered him two ounces of *tinctura sacra*, and then, without waiting for the compleat effect of that medicine, half a drachm of the bark to be taken every four hours, as soon as the fever and sweat had abated. He began the use of the bark three hours after he had taken the *tinctura sacra*; but before he had taken five drachms of it, he was seized with a second fit, and in like manner became delirious, comatose, and speechless. Sinapisms were applied to his feet, and other irritating applications used, until the fever was terminated by a plentiful sweat. Thus having twice narrowly escaped dying in the fit, a drachm of the bark was ordered to be taken punctually every hour. He soon took two ounces of it; which produced so happy an effect, that the fever left him entirely, without any subsequent symptoms of dropsey, jaundice, violent head-ach or weakness, which



which either the continuance of the fever, or its repeated attacks, often brought upon others; so that he was quickly restored to perfect health.

2. A lady, in the first attack of an intermitting fever, was seized with a violent pain in the stomach. Every subsequent fit increased that pain, insomuch that at length it became intolerable, was attended with a violent delirium, and brought on a great difficulty of breathing, a hiccup, a ghastly countenance, and the symptoms of approaching death.

As she found no benefit from emollient fomentations, from the external application of tinctura thebaica, and even of a blister, I ordered two ounces of the bark to be taken during the remission; which effectually prevented the return of the fever. This medicine did not in the least increase the pain in the stomach, but greatly contributed to its relief by removing the fever, every fit of which had so exasperated its violence.

In those patients who laboured under a cough, attended with a pain in the side,



affecting the breathing, when the pain was not relieved by warm fomentations, by the balsamum anodynum Batæi, or by a blister, I generally ordered a few ounces of blood to be taken away, and endeavoured to stop the fever as soon as possible, by the administration of the bark, having found that every return of the fever increased all such pains. In short, I have given the bark in every circumstance attending intermitting fevers, during their remission, but never in the fit.

For three years past, I have annually prescribed upwards of one hundred and forty pounds weight of bark, and I never observed any bad symptoms which could with propriety be ascribed to its use, except in two instances :

One in the case of a young woman, whose menses were supposed to have been obstructed by it for three months : the other in that of a person subject to an habitual asthma, who, after taking a drachm of this medicine, was seized with a suffocating fit of the asthma, which continued until he vomited

up



up the bark, when he received immediate ease.

I have observed in intermitting fevers, that patients are equally subject to relapses, whether cured by the bark, or by any other medicine ; though I seldom prescribed other medicines, until the bark had been first taken : and it was further observed, that in the winter of the year 1765, the quartan agues afflicted those only whose constitutions had been weakened by the long duration of their former fevers.

In all those intermitting fevers a vomit was administered, whenever the patient complained of a sickness at the stomach, reachings to vomit, or a spontaneous vomiting ; and the bark was never given till this sickness was removed, and a purgative taken, to clear more perfectly the whole alimentary canal.

When the head-ach was very violent, and harraffed the patient in the intervals of the fit, the success of the bark was rendered still



more compleat, by the application of a blister to the back.

A continuance of the bark, a change of air, and the cold bath, were often found requisite to prevent a relapse.

A giddiness of the head, which is the symptom most commonly remaining after even a slight intermitting fever, was generally relieved by the † *sal cornu cervi*, and the bark in wine.

If, from the continuance of the fever, the patient was distressed with flatulence, a distention of the abdomen, and a swelling of the legs, a spoonful of *tinctura sacra*, with the addition of thirty drops of the *spir. lavend. comp.* was ordered to be taken every night.

There is no doubt but that an intermitting fever may be removed, without

† R. *Aq. font.* 3vi. *spir. vin. rectificat.* 3β. *sal. corn. cerv.* 3β. *sacchari*, q. s. m. fiat *julepum*, capiat *cochlear. duo subinde.*

the



the assistance of the bark ; and there is perhaps no other disease whatsoever, for which so many remedies are daily recommended.

Those used by the vulgar are many ; the principal of which are here enumerated.

In the cold fit, or just before its approach, are taken, from a glass to half a pint of brandy, by itself ; or a glass of brandy, with a grated nutmeg, with half an ounce of brimstone, or with the same quantity of powdered oyster-shells.—A quarter of a pint of gin, with a tea spoonful of pepper.—A glass of usquebaugh, with a spoonful of lemon-juice.—A pint of wine taken by itself ; or a glass of it with the white of an egg, with a spoonful of the juice of house-leek, or with the same quantity of the juice of plantain.—A spoonful of the spirit of turpentine.—Four spoonfuls of the juice of rue.—Half a pint of the juice of nettles.—Half a pint of the juice of groundsel.—Half a pint of a strong decoction of cinquefoil.—Half a pint of a strong decoction of spear-



spearmint in milk.—A pint of a strong infusion of horse-radish in stale beer.—A pint of strong beer, in which some broken pieces of glass bottles or of flint-stones heated in the fire, have been quenched, and boiled.—A whole lemon.—A vomit of sea-water.—The snuff of a candle with nutmeg.

In the intervals of the fit are taken,—Bay leaves dried and powdered, to the quantity of a drachm, three times a day.—The inner bark of the ash, from half a drachm to a drachm, with a scruple of salt of wormwood, taken four times a day.—Half a drachm of the mistletoe of the oak, three times a day.—The inner bark of the elm near the root, to the quantity of a drachm, three times a day.—Half a drachm of the root of black-thorn, taken three times a day.—Half an ounce of brimstone in a glass of strong beer, taken three mornings successively.—Half an ounce of mustard-seed in half a pint of gin, three mornings successively.—A common spider gently bruised, and wrapped up in a raisin, taken either in the cold fit, or three successive mornings.—Five grains of cobwebs mixed with crumbs  
of



of bread, twice a day.—Half a pint of their own urine, taken three mornings successively.

The external applications used by the vulgar for this disease, are—A hard-boiled egg split, and applied hot to the wrists.—Camphire and saffron, hung in a bag at the pit of the stomach.—Bruised spiders and tobacco applied to the wrists.—Petroleum, applied either to the feet or wrists.—Yarrow to the feet.—Rice, with the buds of honeysuckle, bramble and elder, to the wrists or feet,—where they also apply mouse-ear with vinegar and salt, wallpepper, shepherd's purse, sun dew, vervain, and others, which are generally applied about an hour before the fit.

In taking a view of these common and vulgar remedies for agues, we are led to observe, that by the spirits or wine drank at the approach of the fit, the patients generally become intoxicated, as they for the most part increase the quantity of wine or spirits, until that effect is produced, which occasions an intolerable head-ach, and sometimes puts a stop to the future returns of  
the



the ague. This cure is attended with great pain and danger. It is doubtful how far the other ingredients, mixed with the spirits or wine, may contribute to remove the disease; except such as brimstone, which is often taken in such quantities as to occasion a violent vomiting; an emetic taken an hour before the fit frequently proving serviceable. From the violent operation of the ignited glass or flint quenched in beer, and frequently of the crude brimstone, some arsenical particles may justly be suspected to enter these compositions; and in this case, there will be no difficulty to account for their efficacy in curing inveterate agues.

Many of those remedies are taken before the fit, with an intention to procure a sweat; but for this purpose nothing is more safe and effectual than a tea spoonful of the spirits of hartshorn taken every half hour in wine, or in warm wine whey, until the patient falls into a sweat: he ought to be kept warm in bed; and if the sweat does not appear soon, bottles of warm water, or bricks heated in boiling water, should be applied to his feet.

As



As to external applications, there is no doubt of their efficacy in this disease. Compositions of frankincense, cinnabar, camphire, wood-foot, turpentine, and such like, applied to the wrists, or sometimes to the pit of the stomach, have been recommended by several very eminent authors; but more particularly Fuller's frankincense plaisters †.

I knew a gentleman labouring under a very obstinate intermitting fever, who by applying to the wrists whites of eggs beat up with salt, at the approach of the fit, often prevented it; especially when a vesication ensued.—Bruised garlic will often produce the same effect, but is apt to occasion fainting fits in delicate constitutions, as being too acrid and irritating. The anointing the spine of the back with the oleum succini, will, in my opinion, prevent the fit of an ague as often as most external applications.

For children, the bark is sometimes applied to the stomach and wrists, in the form

† Vide Pharmacop. extemporanea Fullerii.



of a pultice, with theriac and camphire; or the powder of it, sewed between the folds of a linen jacket, and worn close to the skin. Infants are sometimes even dipped in a decoction of the bark.

As to the quack medicines for this disease, the basis of their composition is generally the bark, infused in wine or spirits, with an addition of snake-root and salt of wormwood. But persons cannot be too cautious in using quack medicines for agues, as the poison of arsenic, in a small quantity, is known to be very powerful in removing them—A remedy worse than the disease, and often productive of a train of the most alarming symptoms!

But leaving those vulgar and quack medicines, we pass on to mention a few remedies which have been prescribed for this disease by eminent physicians. Dr. Morton's powder for agues † has been much celebrated.

† Recipe. Pulver. flor. chamæmeli scrup. i. antimonii diaphoretici, salis absinthii, singulorum semis scrupulum. Misceantur; fiat pulvis, quarta quaque hora, durante apyrexia, sumendus.

Dr.



Dr. Boerhaave has recommended 20 grains of *sal ammoniacum* to be taken two hours before the fit. This salt is perhaps best given in powder, wrapped up in wafer paper, that it may reach the stomach almost indissolved ; and may be taken from a scruple to a drachm. Some add *theriaca* to the salt ; which last medicine has been often taken by itself, upon the authority of Galen ; and of late, both the *sal ammoniacum* and *theriaca* are often joined with the bark.

Hoffman recommends *mercurius dulcis*, and even a salivation, for the cure of obstinate quartans. Dr. Huxham makes mention of *mercurius alkalizatus*, for the cure of intermitting fevers. Dr. Mead recommends, in case of a failure of the bark, a powder composed of chamomile flowers, myrrh, and salt of wormwood, with the addition of a little alum. A decoction of the *flores chamœmeli* has been much used, by way of a vomit, in this disease ; and two ounces of this decoction, or of the *infusum amarum*, with half a scruple of *sal absinthii*, taken every four hours, have been frequently prescribed.



Before the discovery of the bark, the cure of agues was generally attempted by bitters, such as chamæmelum, centaurium minus, gentiana, cortex aurantiorum, zedoaria. These bitters, together with fixed alkali salts, are still in great esteem with some physicians, who entertain prejudices against the bark; which, it is to be hoped, will soon be removed.

Opinionum commenta delet dies.

Many patients have indeed an inveterate aversion to the bark, which is apt, by a long continued use, to produce a nausea, and seems in some to lose much of its efficacy. There are also instances of obstinate intermitting fevers, which the bark has failed to remove.

In such cases I have prescribed various other medicines; and none with greater success than alum joined with nutmeg: but I find that there is no certain remedy, which proves always successful in the cure of such agues.

A blister



A blister to the back, and a decoction of bitters, with *sal absinthii* and *sal ammoniacum* †, have sometimes succeeded in inveterate agues. From ten to twenty grains of *extractum gentianæ*, taken twice a day, with two ounces of *tinctura sacra*, three hours before the fit, have also removed very obstinate intermitting fevers.

Among many other remedies, I have given the *cortex calcarillæ*, to the quantity of half a drachm every four hours, but found its effects inconsiderable. I have also tried a grain of the *vitriolum cæruleum*, taken twice a day; a medicine said to be used in the London hospitals: but as it occasioned a constant sickness and vomiting, even when joined with an opiate, few patients could be prevailed upon to persist in the use of it.

Having read an account in the *Philosophical Transactions* ‡, of the *Faba Sancti*

† Vid. *Formulam medicamentorum*, sub articulo *Febris intermittens*.

‡ Vid. *The Philosophical Transactions*, N°. 249, 250, and 257.



Ignatii being administered to the quantity of a scruple, and observing it recommended in the Madrid Pharmacopœia, as a remedy for intermitting fevers, under the title of *Faba Febrifuga*, I gave this medicine to several patients. Two grains of it, infused in two ounces of boiling water, made a nauseous bitter; which, repeated twice a day, cured four patients of quartan agues, but failed in double that number. Various other medicines have been prescribed with success †.

^ But

† Rec. Aluminis rupii, gr. xv. nucis moschatæ extracti cort. Peruvian. singulorum gr. x. syrupi e cort. aurant. q. s. misce. fiat bolus bis die sumendus.

Rec. Florum martialium, salis ammoniaci, singulorum, gr. viij. myrrhæ gr. iv. rubiginis ferri gr. iij. extracti rad. gentianæ gr. vi. syrupi e cort. aurant. q. s. misceantur: fiat bolus bis die sumendus.

Rec. Pulveris cort. aurantiorum semidrachm. ter de die.

Rec. Pulv. florum chamœmeli semidrachmam, bis in die.

Rec.



But after all, it is certain that the bark;  
when good in its kind, and judiciously admini-  
stered,

Rec. Sal absinthii drach. i. elixir aloes scrup. i.  
vini albi unc. iij. misceantur, fiat haustus.

Rec. Florum chamœmeli unc. ii. feminum fantonicî  
drach. vi. fyrupi simpl. q. s. misce, fiat electarium,  
capiat molem nucis moschatæ quoque bihorio.

Rec. Sal. absinthii semidrach. spirit. vitrioli tenuis  
gutt. xxx. aquæ alexiter. simpl. unc. iv. misce, fiat  
haustus, ingruente paroxysmo sumendus.

Rec. Florum chamœmeli, rad. serpentariæ virgin.  
singulorum semunciam, limaturæ ferri drach. ij. sy-  
rupi e cort. aurant. q. s. fiat electarium, cujus capiat  
æger molem nucis moschatæ quater de die.

Rec. Sal ammoniac. crud. drach. ij. sal polychrest.  
spirit. volatil. aromat. singulorum drach. i. aquæ  
menthæ vulgar. simpl. unc. viij. sacchari albi unc. i.  
misce, capiat cochleare unum singulis horis tempore  
paroxysmi.

Rec. Sal ammoniac. crud. theriacæ venetæ singu-  
lorum scrup. ij. misce, capiat hora una ante adventum  
paroxysmi.



stered, has often compleated a cure, when every other remedy had proved unsuccessful.

A failure of the bark in removing intermitting fevers, frequently proceeds from one or more of these three causes : from not persevering for a sufficient length of time in its use ; from administering it in too small doses ; or from its being given in an improper form.

As to the first, it is a prevailing opinion, that an ounce, or an ounce and an half of the

Rec. Sal absinthii drach. ij. vini albi lib. i. miscantur, capiat partitis vicibus tempore apyrexiae.

In the East Indies, the Tellicherry bark, or what is there called the Cort de Pala, has been found very beneficial in removing obstinate intermitting fevers ; and the bark of Mahogoni, which resembles much the Peruvian bark, and is often fraudulently mixed with it, is said lately to have been found serviceable in Jamaica, for the cure of intermitting fevers.

For other remedies, see the article Febris intermittens, in the Formula towards the end of the Essay on preserving seamen.

bark,



bark, should entirely prevent the return of another paroxysm. But this is a mistake; as another and severe fit will often attack a patient who has taken that quantity. In this case, instead of doubting the efficacy of the medicine, the patient ought to persevere, with an increase of the dose, until five or six ounces at least have been taken.

The bark is often given in too small doses. In quotidians and double tertians, where the intervals between the fits are short, from one drachm to two drachms of it should be taken every two or three hours.

The form in which this medicine ought to be administered is of some consequence. The bark is commonly given in electuaries or boluses: but in these forms it proves much less efficacious than when given in juleps or draughts, with the plentiful addition of wine or spirits. I have observed that six drachms of powdered bark, given in a julep, consisting of one fourth or one third of brandy, is as effectual as an ounce



of the powder, in the form of an electuary, and proves less ungrateful to the stomach.

Many have imagined that the virtues of the bark are assisted by the radix serpentariæ and sal absinthii; some by the elixir vitrioli, or tinctura rosarum; and others by camphire, cinnabar, aromatic stomachics, and steel. But being thoroughly convinced that the virtues of the bark are greatly improved by wine or spirits, I seldom prescribe with it any of the above mentioned ingredients, which might render it more nauseous and disagreeable.

For patients unaccustomed to wine or spirits, each draught should be warmed with the spir. sal ammoniaci; or with the † tinctura myrrhæ; both which improve the efficacy of the bark.

When a patient under a course of this medicine is seized with a nausea or vomiting,

† A drachm of the bark in powder may be given in two ounces of an aqueous vehicle. That quantity would require half a scruple by weight of spir. sal ammoniac. or a drachm of the tinct. myrrhæ.

I pre-



I prescribe an emetic, which likewise contributes to the cure. But finding the bark entirely nauseated, from a weakness of the stomach, or from an aversion of the patient to that medicine, it will then be proper to leave off the use of the draughts, and to give the bark in clysters; in which form I have found it as effectual as when given by the mouth. In this case, after the operation of a cathartic clyster, a solution of the extractum cort. Peruv. will be found most proper, with the addition of a sufficient quantity of the tinctura thebaica, in order to its being longer retained †; a small quantity of opium being commonly found effectual to prevent the bark, in any form, from purging.

An obstinate intermitting fever, which two ounces of the bark in draughts, taken in the interval of a fit, had failed to remove,

† Rec. Extracti cort. Peruvian. semunciam, solvatur, coquendo in aquæ fontan. unc. iiij. et adde olei olivarum semunciam, tinctur. thebaicæ, gutt. v. ad x. misce, fiat enema, quarta quaque hora injiciendum.



was effectually cured by two ounces of the extract given in clysters.

The extract has been administered in clysters to the quantity of six ounces, to patients who could not have received half an ounce of the bark in any other form; and have often been cured by clysters, after large quantities of the bark had been unsuccessfully taken by the mouth; it being in this manner that the largest quantity of bark can be administered.

There are however many cases of intermitting fevers, in which this remedy cannot with safety be given in any form. The attack of the fever is often so violent, that it introduces an universal disorder in the constitution. The patient seems seldom or never free from the fever, and is constantly harrassed with an intolerable head-ach, pain of the back, and uneasy sensations of heat, pain and oppression over the whole body. In short, there is often no compleat intermission of the fever, in which the bark can be given; although, in some cases, the preservation of the patient's life, and more  
fre-



frequently that of his constitution, seems greatly to depend on the administration of this medicine.

It has long been a prevailing opinion, that the cold fit is attended with the greatest danger; and that most who die of intermitting fevers, expire during the rigor.

I never saw a person die in the cold fit, but have known several carried off in the hot one, by strong convulsions, a delirium, and other symptoms. I am clearly of opinion, that it is the hot fit, or fever, which not only often endangers the patient's life, but also in the most common cases of intermitting fevers, by its continuance, weakens and impairs his whole habit of body.

For this fever I have been so fortunate as to discover a remedy, which generally in a few hours brings on a perfect and compleat apyrexia. The discovery was owing to the following incident——

In the month of December 1766, a lady, after some days indisposition, was seized



seized with a violent fit of an ague, which left her very weak, and universally disordered. In thirty-six hours afterwards the fit returned; which had continued twelve hours, when I was called to visit her. At this time her strength and spirits were so exhausted, that she began to despair of her recovery. She complained of an universal pain over the whole body, but principally in the head and back: the head-ach was indeed so intolerable, as to threaten a delirium: a constant reaching and vomiting at the same time reduced her to a state of insensibility, accompanied with a strong tendency to convulsions.

Finding her in this condition, I immediately prescribed an opiate, which in less than five minutes restored her to a state of perfect ease and tranquillity. In less than half an hour she sat up in her bed, and could take nourishment. All that night she slept little, though she had no other complaint but weakness and fatigue. Next day, by taking the bark, which effectually prevented the return of the fever, she quickly recovered her former strength.

About



About a month afterwards she suffered a relapse: the intermissions of the fever were short and indistinct. When I was called, she had laboured under it forty-eight hours, and most of the former violent symptoms had already appeared: but as she was very hot and feverish, and had no vomiting, I was unwilling at first to give an opiate, until, unable to resist her earnest solicitations, I at length consented to it. This medicine again brought on a perfect intermission, and gave her an immediate relief from all these distressing symptoms. Next day she had recourse to the bark, and has continued ever since in perfect health; using the precaution of taking the bark once or twice a day during moist weather, or when the wind is easterly, and particularly at the full moon.

Such benefit being unexpectedly received from an opiate, I determined to make a further trial of its effects. Having at that time twenty-five patients, labouring under intermitting fevers, I prescribed an opiate for each of them, to be taken immediately after the hot fit, provided the patient had then



then any inquietude, head-ach, or any such symptom usually subsequent to the fever. The consequence was, that nineteen in twenty-two received immediate relief; the other three had no occasion to take it.

Encouraged by this surprizing success, I next day ordered the opiate to be given during the hot fit. In eleven patients, out of twelve, to whom it was thus administered, it removed the head-ach, abated the fever, and produced a profuse sweat; which was soon followed by a perfect intermission.

Since that time I have prescribed an opiate † to upwards of three hundred patients, labouring under this disease; and I observed, that if taken during the intermission, it had not the least effect, either in preventing or mitigating the succeeding fit; when given in the cold fit, it once or twice

† The following was the draught prescribed :

Recipe. Aquæ font. sexunciam, aquæ alexiter. spirit. syrup. e meconio, sing. drachm. ij. tinct. thebaic. gutt. xv. ad xx. M.

seemed



seemed to remove it ; but when given half an hour after the commencement of the hot fit, it generally gave immediate relief.

The effects of opium given in the hot fit of an intermitting fever, are,—1st, It shortens and abates the fit ; and this with more certainty than an ounce of bark is found to remove the disease. 2dly, It generally gives a sensible relief to the head, takes off the burning heat of the fever, and occasions a profuse sweat. This sweat is attended with an agreeable softness of the skin, instead of the disagreeable burning sensation which affects patients sweating in the hot fit, and is always much more copious than in those who are not under the influence of opium. 3dly, It often produces a soft and refreshing sleep to a patient, tortured in the agonies of the fever, from which he awakes bathed in universal sweat, and in a great measure free from all complaints.

I have always observed, that the effects of opium are more uniform and constant in



intermitting fevers than in any other disease, and are then more quick and sensible than those of any other medicine. An opiate thus given, soon after the commencement of the hot fit, by abating the violence, and lessening the duration of the fever, preserves the constitution so entirely uninjured, that since I used opium in agues, neither a dropsy nor jaundice has attacked any of my patients in these diseases.

In cases where opium did not immediately abate the symptoms of the fever, it never augmented their violence : on the contrary, most patients reaped some benefit from an opiate given in the hot fit ; and many of them bore a larger dose of opium at that time than at any other : and I can venture to affirm, that even a delirium in the hot fit is not increased by opium ; tho' opium will not remove it. Hence, is it not probable, that many of the symptoms attending those fevers are spasmodic †, but more especially the head-ach ?

Opium

† If the patient be delirious in the fit, the administration of the opiate ought to be delayed, until he recovers



Opium seems also, in this disease, to be the best preparative for the bark, as it not only produces a compleat intermission; in which case alone that remedy can with safety be administered; but occasions so salutary and profuse an evacuation by sweat, as generally to render a much less quantity of the bark requisite.

I commonly prescribe the opiate in about two ounces of tinct. sacra, when a patient is costive, who is to take the bark immediately after the fit: thus at the same time shortening the fit, and cleansing the intestines, previous to the administration of the bark; the operation of the tinctura sacra not being prevented, though sometimes retarded by the opiate: and the administration of an opiate, after a vomit given just before the fit, should be postponed until the hot fit is begun.

It is frequently almost impossible to make children swallow any medicine which has a covers his senses; when an opiate will be found greatly to relieve the weakness and faintness which commonly succeed the delirium,



disagreeable taste or smell. In this case, for children labouring under intermitting fevers, I order the spine of the back to be anointed, at the approach of the fit, with a liquor, composed of equal parts of tinctura thebaica and liniment. saponac. which has often prevented it. If this should not produce the desired effect, two or three tea spoonfuls of the syrup. e meconio, given in the hot fit, will generally be found to mitigate the symptoms. But for the entire removal of the disease, after purging with magnesia alba, I prescribe a drachm of the extract. cort. Peruv. with a few drops of the tinct. thebaica, in a clyster, to be repeated every three hours, for a child of about a year old. The magnesia often occasions a vomiting, when the stomach is oppressed with phlegm; which evacuation should be promoted with warm water. The constant heaviness of the head, occasioned by these fevers, in such tender constitutions, proceeds most probably from a pain fixed there, and is best relieved by the application of a blister to the back.

These



These observations are the result of an extensive practice ; as during the late epidemical rage of intermitting fevers for three years past, I seldom visited less than thirty or forty patients every day, labouring under every species of this disease. I have here confined myself chiefly to practical observations, as all the different species of intermitting fevers have already been amply described, both by the antient and modern physicians ; those diseases having been as obstinate in Greece and Rome, in the days of Hippocrates and Galen, as they are at this present time †.

But although nothing more can be added to the accurate description of such fevers, as

† Les fievres intermittentes, qu'on appelle vulgairement fievres d'accès, exercent leur empire dans presque tous les Golfes du Levant ; tellement que j'ai vu dans ceux du Volo, de Zeitoun, de Lepante, de Corinthe, d'Alexandrete, et plusieurs autres, des vaisseaux presque defarmés par les ravages qu'elles avoient faites sur les equipages.

Essai sur les maladies des gens de mer, par G. M. Maître des Arts & en Chirurgie, publié à Marseille, an. 1766.



given by those authors, yet the industry of later ages, by the discovery of new medicines, and by the more extensive application of those before known, has rendered these diseases no longer the opprobrium of physic.

Upon the whole, the physician who perfectly understands the judicious use of blisters, bark and opium, will seldom find himself disappointed in re-establishing the constitutions of patients who have been afflicted with these diseases, and in restoring them to a state of perfect health.



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Proposals for preventing a want of  
fresh water and a scarcity of pro-  
visions at sea.

**I**T may not be foreign to the subject of this  
treatise, to offer a few directions, to  
defend those who go abroad, against the  
calamities of hunger and thirst.

In the year 1761, I was so fortunate as to  
discover, that sea water, simply distilled,  
without the addition of any ingredient, af-  
forded a water as pure and wholesome as  
that obtained from the best springs.

This, like many other useful Discoveries,  
is claimed from the author by another per-  
son, is said to have been formerly known,  
and meets with various objections. First,  
A claim to this discovery has been pub-



lickly made by Doctor Poissonniere ; as appears in a paragraph of news from Paris, dated July the 9th, 1764.

But it was in the year 1761, that I publickly demonstrated, by several trials, and various experiments, at the royal academy at Portsmouth, that a simple distillation rendered sea-water perfectly fresh, pure and wholesome. These experiments were made in the presence of Mr. Hughes, resident commissioner of the navy at that port, and of Mr. Robertson late master of that academy.

In the month of May 1762, an account of this discovery was read to a numerous audience of the royal society in London ; when it may be supposed to have been communicated by some of the members of that learned body to their correspondents in France. And in the month of March 1763, the book † containing this discovery

† The second Edition of my Essay on preserving seamen, where, in the note, page 85, will be found an account of the discovery, and the benefits arising from it. This note is the place always referred to in the following pages.

was



was published at London, by the authority of the lords commissioners of the admiralty of Great Britain; which honour their lordships were pleased to confer, on account of this important discovery.

So I still claim the merit of this discovery, until Doctor Poissonniere shall prove his having communicated his knowledge of it to any person before the dates here mentioned.

Secondly, It is said, this simple method of freshening sea-water was before mentioned by lord Verulam. The passage † referred to is as follows: “ It hath been  
 “ observed by the ancients, that salt water  
 “ boiled, or boiled and cooled again, is  
 “ more potable than of itself raw: and yet  
 “ the taste of salt in distillations by fire  
 “ riseth not; for the distilled water will be  
 “ fresh. The cause may be, that the salt  
 “ part of the water doth partly rise into a  
 “ scum on the top, and partly goeth into a  
 “ sediment in the bottom, and so is rather a

† Bacon's Natural History, Cent. 9th, Exp. 881.



“ separation than evaporation, but it is too  
“ gross to rise into a vapor, and so has a  
“ bitter taste likewise; for simple distilled  
“ waters of wormwood, and the like, are  
“ not bitter.”

This great philosopher knew, that neither a bitter taste nor that of sea salt rose in distillation with water, it being a common custom to preserve herbs for distillation with sea salt, which notwithstanding being put in the still with the salt, yet yield a water perfectly fresh. But it was not the salt itself, nor the bitter taste, which was supposed to rise in the distillation of sea-water, but a bituminous substance, and a spirit of sea salt; which has hitherto been the unanimous and uncontroverted opinion of the chymists.

By this passage it was not understood that the waters of the sea could be rendered fresh by distillation, as appears from the approbation given to the following attempts.

Not many years after his lordship's death, several experiments were made on board  
some



some ships at Spithead, by Sir Theophilus Oglethorpe and some other gentlemen, who had obtained a patent for distilling from the sea a water fresh and potable, by means of several additional ingredients.

In the year 1739, the learned Doctor Hales proposed a method of distilling fresh and wholesome water from putrified sea-water.

In the year 1753, Mr. Appleby was thought to have brought this matter to the greatest perfection, by discovering an effectual method of fixing this supposed bitumen and spirit of salt, which was published in the London Gazette of January 22d, 1754, as follows :

“ Mr. Joshua Appleby of Durham che-  
 “ mist, having discovered an easy and expe-  
 “ ditious method of rendering sea-water  
 “ fresh and wholesome at sea ; and the  
 “ same, on a reference from the admiralty,  
 “ having been thoroughly examined and  
 “ approved by the college of physicians, and  
 “ the commissioners of the victualling, the



“ lords commissioners for executing the  
“ office of lord high admiral of Great Bri-  
“ tain and Ireland, have published the pro-  
“ cesses used by the said Joshua Appleby in  
“ the London Gazette, that so useful a dis-  
“ covery may be universally known. It is  
“ as follows :

“ Put 20 gallons of sea-water into a still,  
“ together with six ounces of lapis infer-  
“ nalis, and six ounces of bones calcined to  
“ whiteness, and finely powdered. From  
“ this quantity 15 gallons of fresh and  
“ wholesome water may be extracted, in  
“ two hours and an half, at the expence of  
“ little more than a peck of coals.—This  
“ proportion of ingredients will answer very  
“ well in these northern seas ; but in some  
“ parts of the Mediterranean or Indian  
“ seas, where the water is more salt and  
“ bituminous, the quantity must be in-  
“ creased to nine ounces of each.—The  
“ ship's boiler should not be used for this pro-  
“ cess, what remains being very noxious.”

The attention of all Europe being at that  
time drawn towards this discovery, which  
was



was then esteemed the most fortunate of the age, various substitutes were proposed, instead of the noxious ingredients used in Mr. Appleby's process. For this purpose, Doctor Butler recommends capital soap leys, Doctor Alston limestone, and Doctor Hales powdered chalk.

The manner in which I fortunately discovered that all those ingredients were unnecessary, and that a simple distillation rendered sea-water perfectly fresh and wholesome, may be seen in my letter to the royal society, inserted page 85th of the second edition of the Essay on preserving seamen.

The principal objections that have been urged against the utility of this discovery, I shall here endeavour to obviate.

Objection 1. A still is requisite for the distillation ; which would be inconvenient in a ship.

Answer. The principal advantage of this discovery consists in there being no longer a necessity for carrying a still to sea, as the  
ship's



ship's coppers or pots for boiling the victuals, fitted with proper heads, will fully answer that purpose; and these coppers are generally fixed in as commodious a manner as any stills can be. That the distillation of sea-water from these vessels will not injure them, appears from their being daily cleansed by the boiling of sea-water in them; whereas when chalk, lime, and that poisonous ingredient lapis infernalis were used, a still seems to have been necessary; as it would require great trouble to clean the coppers afterwards, and to render them again fit for boiling the victuals. No better proof can be obtained of the coppers being constantly kept clean, and free from verdigrise, than the distilled water being always perfectly sweet and good.

Objection 2. A sufficient quantity of fuel for this operation cannot conveniently be carried to sea,

Answer. I have already shewn, in the Essay on preserving seamen, that fresh water may be procured at sea, without any addi-



additional expence, nay even with a considerable saving of fuel.

That of supplying all persons at sea with a quantity of water sufficient for every common use, was not at that time the object of my attention; which was then confined to two things:

First, To make a considerable saving of the water, by boiling the ship's provisions in close distilling vessels, and daily procuring a small quantity of sweet water, by the application of the common fire to iron pots, fixed instead of bricks at the sides of the ship's grates,

And secondly, Effectually to prevent in future persons dying at sea of thirst, by recommending still-heads for the coppers; as it will afterwards appear, that the vessel used for boiling the victuals of the whole ship's company will serve to distil a quantity of water sufficient fully to answer this purpose.

Such persons as imagine that a distress for want of water, will also be attended with  
a want



a want of fuel, must be ignorant of the contents of a ship, which are almost wholly combustible.

The stowage of the hold is with fire-wood. The carpenter's stores, the junk, or pieces of old cable, &c. would, at the end of the longest voyage, serve as sufficient fuel for distilling the quantity of water proper to preserve the lives of the whole ship's company for at least two months.

Objection 3. Danger attends the distillation of water on board a ship.

Answer. No more danger attends the distillation of sea-water, than the boiling of it in a common pot or copper. The only inconvenience proceeds from its being apt to run over, from too intense a heat, or from the motion of the ship; to which last accident it is much less liable in distillation, than when boiling in an uncovered copper.

These objections being removed, I shall endeavour to point out a few simple contrivances for distilling of sea-water, for the



benefit of those who may be in want of fresh water at sea, and who shall imprudently neglect to carry out a still-head.

When sea-water is boiled in a close covered pot or vessel, it may be observed, that the steam arising from it is converted into fresh water on the inside of the cover of the pot. From a pot of thirteen inches diameter, by frequently removing the cover, and pouring off the water collected upon it, a quarter of a pint of fresh water may be procured in an hour. The cover of the pot should be at least five or six inches above the surface of the sea-water, to prevent its boiling up to it.

Let us suppose a ship at sea to be in distress for want of water, having eight men on board, and that the pot for boiling their provisions can contain five gallons and an half, being twelve inches in diameter; by the following simple contrivance, with only a tea-kettle, a musket, and a cask, one gallon of fresh water may be procured every three hours, which is a pint for each man.



File off the handle of the tea-kettle, and fix the head of it, when inverted, into a hole made for that purpose in the cover of the pot. Take the barrel of the musket out of the stock, and after unskrewing the breeching pin, put it through two holes bored for its reception in the cask, with a proper descent. Insert the spout of the tea-kettle into the upper end of the barrel, and after stopping up the holes in the cask, and filling it with sea-water, there will be a complete still, and a refrigeratory or cooler to condense the steam. All the joinings and places from whence the steam could escape, ought to be luted or stopped up with a paste composed of equal parts of chalk and meal, moistened with a little salt water; and the tea-kettle with the cover of the pot should be kept down by weights, to prevent the steam from forcing them up.

If the cask should be thought too near the fire, the tube may be prolonged by the barrel of another musket, or by a wooden pipe. If the barrel of another musket be used, whose bore is not large enough to



receive the extremity of the former, one end of it should be heated in the fire, and dilated with a marline-spike. If a wooden pipe be used, it should not be bored with a hot iron, as I have found by experience that the burnt wood would impart a permanent disagreeable taste to the distilled water.

If we may suppose a ship at sea to have no tea-kettle on board, then let the wooden hand-pump, with which the water or beer is pumped out of the casks, be cut through obliquely, and joined, so as to form an acute angle. One end of this tube should be fixed in the hole made in the cover of the pot, the other should be fastened to the gun-barrel. From this apparatus, nearly the same quantity of water may be procured as from the former by means of the tea-kettle.

It may justly be supposed that the coppers used for boiling the provisions will, in every ship, contain the proportion of above two quarts of water for every person on board, which will be sufficient to yield in  
distil-



distillation the proportion of three pints of fresh and wholesome water.

From the improvements made in distillation by the ingenious Doctor Hales, published in the year 1757, it appears, that three pints of water could be procured in five minutes, that is, fifty gallons in twelve hours, from a small cylindrical still of Mr. Durand's, by the addition of six pewter plates set edgeways in its head. This still was only 15 inches in diameter at the widest part, and held six or seven gallons. A still 22 inches wide, containing 30 gallons, would yield in distillation 100 gallons in the space of 12 hours; and a still 32 inches in diameter, would give 200 gallons in the same time, attended only with the small expence of a bushel and an half of coals, or of a proportionable quantity of any other fuel. Hence three chaldron of coals are more than sufficient to supply 400 men, which is the complement of a sixty gun ship, for two months, with half a gallon of water per day for each person.

From



From what has been said it is evident, that no person at or near the sea can suffer death from an absolute want of water, if they will only take the precautions which prudence and self-preservation would seem to dictate.

That this subject deserves the most serious attention, will sufficiently appear from the following extract of a letter sent me from the Havannah, dated 1st September 1762: “ Before the surrender of this place, “ our distress for want of water became “ inexpressible: I would have given with “ pleasure half a guinea for a pint of such “ distilled sea-water as I have frequently “ drank at your table. Numbers of our “ men died, from a real want of water, and “ many more from drinking water which “ was unwholesome and poisonous.”— Would not a few stills, sent from Jamaica, have saved the lives of these men?

Having thus used our endeavours to provide all persons at, or near the sea with good water, our attention shall next be directed towards securing them against the dreadful



calamity of famine : for which purpose I offer the following considerations.

The powder of salep, and portable soup dissolved in boiling water, form a rich thick jelly, capable of supporting life for a considerable length of time ; as appears from the daily instances of persons having been supported for many months by a much less nourishing diet, boiled rice, and even by gum Arabic † alone.

An ounce of each of these articles, dissolved in two quarts of boiling water, will convert it into a thick jelly, which will be sustenance sufficient for one man a day, and as being a mixture of both animal and vegetable food, must prove more wholesome and nourishing than double the quantity, or a gallon of rice-cake made by boiling rice in water.

This last, however, sailors are often obliged solely to subsist upon for several

† Hasselquist, in his voyages to the Levant, informs us, that a caravan from Ethiopia to Egypt having expended all their provisions, lived for two months on gum Arabic dissolved in water ; this gum having luckily been part of their merchandise.

months,



months, especially in voyages to Guinea, when the bread and flour are exhausted, and the beef and pork, having been salted in hot countries, become spoilt, and unfit for use.

But as a nourishment, the inferiority of rice to salep is not only from its conveying less nourishment in double the bulk, but also from the great consumption of fuel, and more especially of water, in the long boiling necessary to render it fit for use ; whereas salep will form a paste with cold water, and is not too salt when mixed even with sea-water. Salep, when mixed with cold water, requires only ten times its weight of water to form it into a paste or cake, and if mixed with more, a separation of the redundant water will ensue. This paste, with the addition of a little vinegar, will serve to allay both hunger and thirst, and will keep good for several days. When the salep is mixed with cold sea-water, it should not be allowed above six times its weight of water ; and this quantity is just sufficient to render it palatable, it being of itself a very insipid powder.



From what has been said, we may justly deduce the following proposals :

As the calamity of famine at Sea may sometimes proceed from the avarice of the masters of merchant ships, who, from a lucrative view, have taken on board too small a quantity of provisions ; if the masters were obliged, by the articles of agreement with their men, to pay a stipulated allowance of money for any deficiency that might happen in their provisions during the voyage, as is done in the royal navy, would it not tend greatly to prevent the frequency of this distress ?

As two pounds of salep, with an equal quantity of portable soup, will afford a wholesome diet to one person for a month, would it not be expedient for every ship to carry to sea a quantity of these articles, in proportion to the number of the men, lest from unavoidable accidents the other provisions might be exhausted during the voyage ?

As salep and portable soup contain the greatest quantity of vegetable and animal  
nourish-



nourishment that can be reduced into so small a bulk, would not these articles be extremely beneficial, when through fire, shipwreck, or other accidents, the crew are obliged to have recourse to their boats † ?

As

† Supposing a boat furnished with eleven gallons of water, two pounds of salep, and two pounds of portable beef-foop for each man, it is probable none in it will die of hunger or thirst for at least a month ; during which time, the daily allowance of each person will be more than a quart of water, eleven ounces of a strong salep-paste, and an ounce of portable soop. The soop should be allowed to melt in the mouth ; and in that small quantity, if properly made, are contained the nourishing juices of above three quarters of a pound of beef. In cases of great extremity, the salep may be mixed with the sea-water, and will still be equally wholesome. All this will be attended with only a trifling expence, as the salep is commonly sold at four shillings and sixpence per pound, and the portable soop at half a crown.

One necessary precaution, which ought never to be omitted in a ship at sea, is always to have a Cask of water either in the boat, or in some convenient place upon the deck, from whence it may be easily conveyed into the boat, as in cases of fire, and of many other



As these two articles, when kept dry, will remain good for several years, would they not also prove serviceable in besieged towns, and in the long marches of armies; as every soldier could then carry a fortnight's subsistence for himself, without any inconvenience, to be used in case a supply of other provisions should be stopped.

I do not here offer to the public an alimentary paste or powder, to supersede the necessity of supplying our fleets and armies with other food; nor will the discovery of freshening sea-water render the common precautions of guarding against the want of that necessary support of life less needful and expedient: the intention of all these proposals being solely to prevent mankind, in many particular situations of distress, from suffering a cruel and untimely death, under the excruciating tortures of hunger and thirst.

disasters at sea, it is often impossible to go down into the hold for water. The same precaution is equally necessary with respect to the salep and portable soup.



## ADDITIONS and CORRECTIONS.

**P**Age 17. line penult. *For* its contrary,  
*read* its constancy.

P. 23. l. 2. *For* obstinacy to fevers, *read*  
obstinacy to intermitting fevers.

P. 28. l. 13. *For* translations, *read* translation.  
— l. ult. *For* Anmerkingeng, *read* An-  
merking xi.

P. 44. l. 11. *Dele* To these.

P. 56. l. 9. *For* the vomits, *read* the vomit.

P. 58. l. 4. *Dele* afterwards.

— l. 7. *For* by, *read* afterwards.

P. 72. l. 20. are not exempted, *read* are  
exempted.

P. 92. l. 9. *For* left side, *read* right side.

P. 108. l. 21. *After* the words attended  
to, *add*, In the island of St. Vincent, the  
town of Kingston is rendered very un-  
healthy by an adjoining morass: but it is to  
be hoped that these new settlements will  
become more healthy, when the stagnating  
water is drained off; an effect which the  
heat of the sun itself would in some places  
produce, if the woods were cut down.



P. 109. l. 2. *For* air of St. Domingo to that of Martinico, *read* the air of Martinico to that of St. Domingo.

P. 116. l. 15. *For* passage from Curaçoa, *read* passage from Europe.

P. 115. l. ult. and p. 116. l. 1, 2, 3, 4. *read*, The black vomit, the violent hæmorrhages, and the other mortal symptoms of what is called the yellow fever in the West Indies, ought to be considered as adventitious, in like manner as purple spots and bloody urine are in the small-pox, and as an hiccup in the dysentery.

P. 118. l. 9. *For* where the cause does not proceed, *read*, which does not proceed.

P. 131. l. 15. *At the end of Section 2d*, *add*, These gusts are to be distinguished from the hot land winds which constantly blow at Madras, and other places on the coast of Coromandel, at that season, from midnight till noon. The sea breezes then begin, which relieve the difficulty in breathing, and the obstructed perspiration occasioned by the land winds.

That the heat of those land winds, as also of the sudden gusts which accompany them, proceed from large tracts of sands being heated by the sun, is evident, from the increased heat and suffocating quality of those winds, in proportion as the day advances, and as the heat of the season is increased.



The opposite qualities of the winds blowing from each side of the Balagate mountains is a further proof of this. These mountains running from north to south, divide the hither peninsula of India into two unequal parts, and separate what is called the Malabar from the Coromandel coast. To the former they are very near, but at a great distance from the latter. The winds blowing from these hills are on the Malabar coast always remarkably cool, but on the coast of Coromandel, in the months of April and May, are extremely hot and suffocating, as they pass over a large tract of intermediate sand, heated during those months by an almost vertical sun. Hence the Malabar coast is always cloathed with an agreeable verdure ; whereas the Coromandel coast, during the continuance of those hot winds, seems a barren wilderness, nothing appearing green except the trees.

Bottles of liquor, inclosed in bags of coarse cloth, kept constantly wet, and suspended in the shade, where those hot winds may have free access to them, become as cold as if they had been immersed in a solution of nitre. This phænomenon has occasioned much speculation, and has been accounted a surprising effect peculiar to these hot winds : but it is, in my opinion, owing to the constant evaporation of the water from the sides of the bottle.



It is an observation of the natives on the coast of Coromandel, which is confirmed by the experience of many Europeans, that the longer the hot land winds blow, the healthier are the ensuing months; these winds, as they express it, purifying the air. Are not these winds, therefore, the cause why the air on the coast of Coromandel, except during their continuance, is more healthy than in other parts of India, where these winds do not blow? Does not this also suggest a very probable reason why the plague in Egypt always ceases in the beginning of June? The periodical hot winds which come from the deserts of Nubia and Ethiopia, having then rendered the air of Egypt pure and wholesome; so that when the cold northerly winds begin to blow, the plague not only ceases, but all infected goods, household furniture, and wearing apparel, become entirely free from the contagion. This has induced many to ascribe that effect to the north winds; which cannot be the case, as the most destructive plague is always abated in its violence, if not wholly eradicated, before they set in. With equal propriety we may reject the opinion that the overflowing of the Nile is productive of that salutary effect, as the plague generally ceases before the increase of that river is perceptible.



Thus the plague, the greatest calamity which can afflict mankind, seems to be destroyed by those hot winds, which are otherwise so pernicious to animal and vegetable life. And although, during the continuance of these winds, the most fruitful fields wear the aspect of a parched desert, yet no sooner the rains fall but vegetation is restored, the plants revive, and a beautiful verdure is again spread over the face of the refreshed country. In Egypt, where it seldom rains, the same effect is produced by the overflowing of the waters of the Nile.

P. 153. l. 18. *For* We have already observed, *read* It was observed.

P. 154. l. 6. *For* mariner, *read* marine.

P. 175. l. 13. *For* When, *read* During the sickness.

P. 198. l. 19. *For* From all this I infer, *read* But to return from this digression, what I urge, is,—That, &c.

P. 200. l. 19. *For* in the months of September and October, *read* in the months of July, August, September and October.

P. 216. *Between* l. 17. *and* 18. *add*, All of whom were likewise taken ill, and two of them only escaped with life.

P. 220. *At the end of the first paragraph, add*, In the year following, this ship made another voyage to the coast of Guinea, and happened again to touch at this island in  
the



the sickly season, where she lost eight men out of ten, who had imprudently remained all night on shore. At the same time, the rest of the ship's company continued in perfect health, who after spending the greatest part of the day on shore, always returned to their ship before night. On board the Hound sloop, then in company with her, only one man died during the whole voyage, the officers having been particularly careful not to permit any of the people to continue all night on shore in that place. This man was cut off by an obstinate intermitting fever with which he had been first seized at Sheerness.

P. 299. l. 11. *For rice, read rue.*

P. 316. l. 2. *of the note, for sexunciam, read fescunciam.*

P. 326. *For has, read is.*

P. 338. *Addition to the note, The gum fenega or arabic not only serves as a sustenance for whole negroe towns, during a scarcity of other provisions, occasioned sometimes by a failure of their crops of millet and rice; but the Arabs, who twice a year collect this gum in the inland forests on the north-side of the River Niger, have no other provisions to live upon for some months.*



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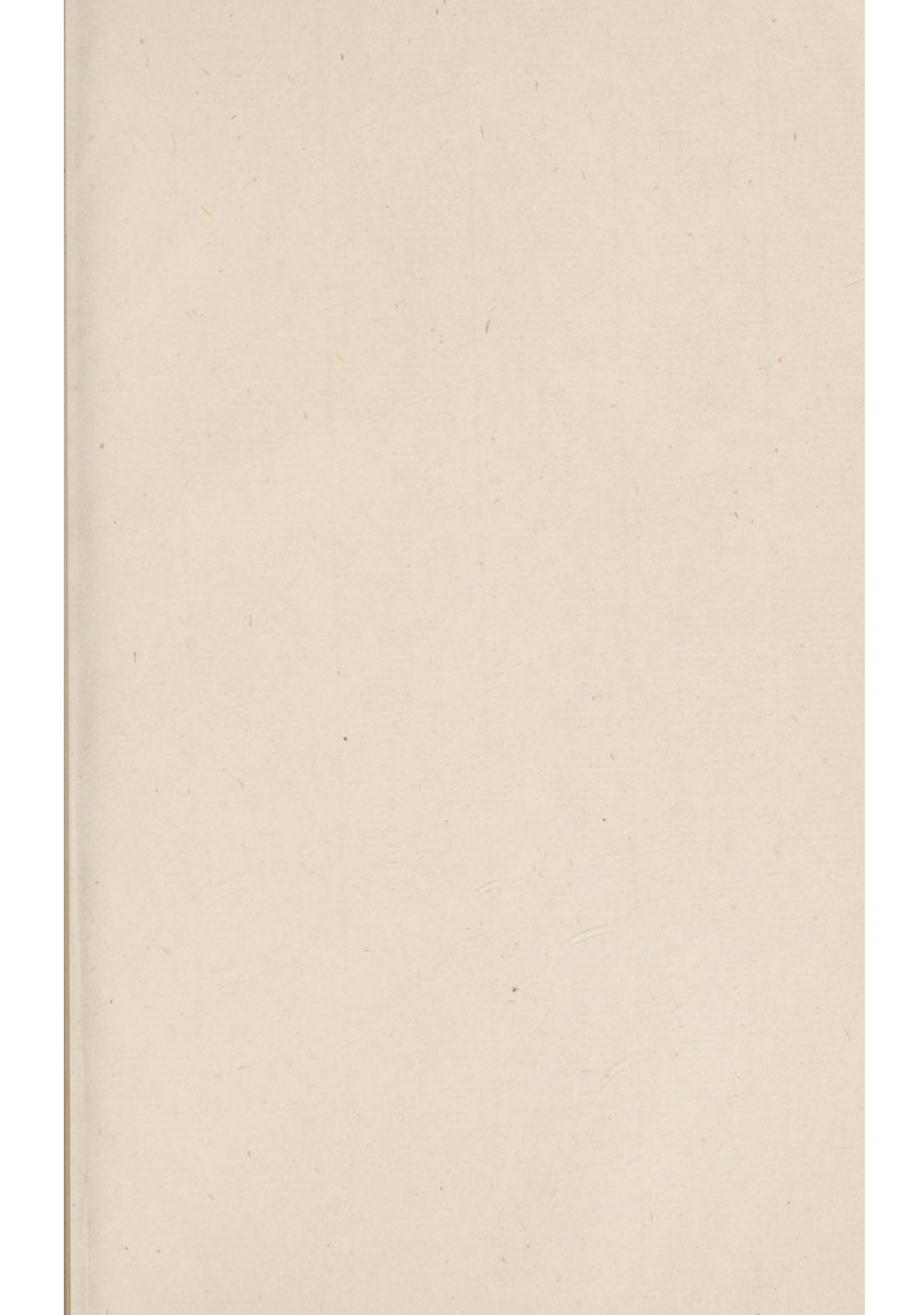
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