

Memorandums and recollections on gout and rheumatism and their treatment : with a few practical remarks on sciatica and lumbago / Edward Duke Moore.

Contributors

Moore, Edward Duke.

Publication/Creation

London : J. Churchill, 1864.

Persistent URL

<https://wellcomecollection.org/works/e9sj485w>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

MEMORANDUMS AND RECOLLECTIONS
ON
GOUT AND RHEUMATISM,
AND THEIR TREATMENT.

WITH A FEW PRACTICAL REMARKS
ON
SCIATICA AND LUMBAGO.


BY
EDWARD DUKE MOORE,
L.R.C.P.E., M.R.C.S., L.S.A.,

PHYSICIAN TO THE DEVONSHIRE HOSPITAL AND BUXTON BATH CHARITY;
APOTHECARY IN ORDINARY AND MEDICAL ATTENDANT TO
H.M. WILLIAM IV., QUEEN ADELAÏDE AND HOUSEHOLD, THE KING OF THE
BELGIANS, THE KING OF HANOVER, AND THE DUCHESS OF KENT;
JOINT APOTHECARY TO HER MAJESTY THE QUEEN; ORDINARY MEDICAL
ATTENDANT TO THE LATE DUKE OF CAMBRIDGE AND THE
PRINCESS AUGUSTA; FORMERLY VISITING APOTHECARY TO ST. GEORGE'S
HOSPITAL.

SECOND EDITION.

LONDON:
JOHN CHURCHILL, NEW BURLINGTON STREET.
BUXTON:
JOHN CUMMING-BATES, HOT BATH COLONNADE.

1864.



Digitized by the Internet Archive
in 2019 with funding from
Wellcome Library

<https://archive.org/details/b30566277>

INTRODUCTION TO THE SECOND EDITION.

As there appears to be a demand for a second edition of this little treatise, I gladly avail myself of the opportunity afforded me therein to confirm the views which I have expressed as to the nature, character, and treatment of gout and rheumatism. Since the first publication, I have had experience enough in my practice at this place to satisfy my own mind as to the truth of my theory that gout and rheumatism are separate and distinct diseases—distinct, at least, in their effect, although the cause may possibly be the same. I am confirmed also in my favourable opinion of the efficacy of the Buxton baths, waters, and air for the cure, or, at least, for the mitigation, of the symptoms and the sufferings of these two painful affections. At the same time, I am led to admit that their effect is more tardy in the removal of rheumatism than of gout. In the latter their beneficial influence is very quickly perceptible; whilst, in the former, there may be need of greater patience and longer perseverance in their use. I have found the Turkish bath an invaluable adjunct to the use of these waters in the removal of rheumatic pains, these waters having a much more powerful effect after the elimination of the blood by the profuse perspiration produced by the bath. My experience here leads me also to another conclusion, viz., that, although the remedies applied here may require rather more care in their use in the winter season, yet the benefit derived from them is equally to be relied on. A gentleman suffering severely from gout came here in February, 1863, used the baths and waters, was quite cured, and that quickly, and has never had gout since. Another gentleman suffering from gout came here in the month of November two years

following, and was each time quickly relieved from his painful tormentor, and the good effect has continued up to the present period. I could supply many more examples of the same kind. In any season of the year great danger may arise from an ignorant and indiscriminate use of these waters; and my experience strengthens the assurance I have always had, that a careful medical treatment is absolutely necessary in combination with them to ensure a beneficial result, and even to prevent most serious ill effects. Since the publication of the first edition of this work, I have seen many instances of these ill effects in cases where the patient has been forced at last to apply for medical advice, after having thrown away much time and money. Cases of sciatica especially require careful medical examination to ascertain the true cause of so much suffering, and the proper antidote for its relief. A clerical friend comes here regularly twice a year, experiencing the speedy removal of his severe pains. Nor is the advantage of a visit to Buxton by any means confined to cases of gout and rheumatism. The purity of the air, and the cautious use of the natural bath, have a most beneficial effect upon the general health, especially in the case of delicate children, as may be proved by numbers who resort to it from Leeds, Manchester, and other large towns, in search of constitutional vigour, to enable nature to throw off disease.

But the blessing of restored health, and relief from painful suffering is not confined to those who have the means of paying for advice and for the use of the waters. We have here a most efficient hospital for the reception of indigent sufferers, which has afforded cure to hundreds, and which is, in every respect, deserving of the support of all who feel a desire to mitigate the misery of their fellow-creatures. In the last annual report it is shown that 874 in-patients were admitted during the year, of whom 779 were beneficially treated; and of 145 out-patients, 129 experienced cure or relief; and patients are received from all parts of the kingdom.

ON GOUT, RHEUMATISM, &c.

SEVERAL circumstances have brought the subject of gout and its treatment prominently before my mind; and in particular, the masterly work of Dr. Gairdner, on "Gout, its History, its Causes, and its Cure," has led me into a train of thought, recalling and reviewing the experience of thirty years in the treatment of this complaint.

Gout is a malady so difficult to trace to its source, giving rise to so many theories as to its cause, that the man would be presumptuous indeed who should venture to treat it on any hypothesis not well confirmed by experience. The cause of gout can only be sought by comparing the results of observation with the theorisations of science: and as facts speak for themselves, I have thought that a few recollections of a long experience might prove not uninteresting either to sufferers from this malady, or to those of the profession who are humble enough to be content to seek for truth by a patient comparison of facts.

It has long appeared doubtful to me whether gout can strictly be called a DISEASE *per se*: and whether it ought not to be placed in the same category with jaundice, asthma, dyspepsia, and simply looked at as a symptom of derangement of the system, the cause of which it has baffled numerous writers and commentators to explain satisfactorily. For let us compare it with jaundice. An insidious and slow disease has been for a time lurking in a patient's liver, producing the greatest distress, and a variety of alarming symptoms. At length the blood becomes tinged with bile, and jaundice is made manifest not as a disease itself, but as a most unmistakable token of a serious disease or obstruction in the liver or gall bladder.

The poisoning of the blood is not the disease, but the

effect of it; yet it is the means of conveying the baneful influence of the disease to all the other viscera of the body. Not that a diseased liver makes a diseased brain, but that the blood, poisoned by the disease of the liver, poisons the brain.

Again, compare asthma. Derangement of various organs may produce asthma; the effect of which is to change very materially the character of the blood by overthrowing its chemical balance. We would, therefore, not say that asthma is a *disease*, but, as in the case of jaundice, a manifestation of disease.

Hiccup I have heard characterised as a disease. I well remember an eminent physician running round the town in search of a nostrum to cure hiccup. Musk and various other things were prescribed and used; but fourteen days and nights of ceaseless hiccuping passed over the patient's head without his being able to obtain a moment's relief. In this case jaundice appeared, making it unmistakable what organ to attack, and two ten-grain doses of calomel and a black draught cured the *disease* of hiccup.

Now, none of these things are *diseases*; for a *disease* is such a radical affection of some part of the human body as impairs its functions, and if not arrested will destroy life. As, for example, cancer, tubercle of the lungs, softening of the brain, &c. &c. But in gout, as in the others, the facts are far different. You have no functional organ destroyed; you have no eating away of life; no bed of disease left behind; no destruction of animal life manifested when the attack of gout leaves the system: but this *something* that has caused the symptoms called gout has left the body; and the patient's constitution is in as normal a state as it was before the symptoms appeared.

An attack of gout is always preceded, as far as my experience goes, by a disturbance of the constitution such as Dr. Gairdner has so graphically described, and these premonitory symptoms, if attended to and arrested, do not result in gout.

Again, let us consider what are the organs, the disturbance of whose functions ordinarily brings on an attack of gout. I think they will be found to be all the organs of digestion : for it is evident, and Dr. Gairdner's book bears it out, that it is they that give the key-note : all the other organs are more or less affected by their derangement ; and a fit of the gout is the vent-hole to the mischief which a disturbed digestion has brought about.

The pain in the left side ; the disturbed rest ; the languor and depressed spirits ; the torpid bowels ; the aching head—whence come they ? from the blood, which has been made impure by imperfect assimilation of food. The blood is charged with something which is offensive to every vital organ, instead of being acceptable and fit for their nourishment. Consequently they are all disturbed ; because the blood, which ought to be, to the minutest degree, chemically right, is chemically wrong ; and the important organs the kidneys try in vain to throw off the impurities by their office of distillation.

The heart is sluggish for want of true life ; the circulation languid, and where slowest, viz., in the extremities of the body, the foreign matter which is in the impure blood, accumulates, until it becomes a deposit offensive to the nerves, and they being electrically excited, an agony of pain ensues. This excites the heart's action, and inflammation follows ; but after a while this foreign matter irritating the nerves is again taken up by the absorbents, and passed into the blood and thrown off by an increased distillation of the kidneys, often accompanied by a spontaneous action of the alimentary canal. So by degrees a proper chemical change takes place in the character of the blood, and all the organs are again roused into healthy action ; and the nerves being no longer affected by the morbid stimulus of the deposit, the pain of gout is gone like a shot from a gun.

This theory has been confirmed in my mind by a very careful watching of several cases at Buxton, during the summer of 1860. I will recite the progress of some of them, and see if they bear out my views.

Case No. 1. A gentleman, a very gouty subject, came with stiff joints and thickened limbs, walking wide, as all gouty people do. He appeared at the table d'hôte as suffering from gout, but being *only* gout, he was allowed to live well and take his soda water and brandy; not to eat sweets and pastry, but as much animal food as he liked, and *on no account to eat vegetables!* He fills his chair for some days, and takes the usual move towards the upper end of a long table with modesty and complacency—chatting of the treatment of his gout, of the baths he has been ordered to take, and of the waters he is to fill his stomach with three times a day. One day he is missed from his accustomed seat, and in a few hours I was summoned to his bedside, where he was laid up by an attack of gout. On inquiry I found that he had taken four hot baths and drunk freely of the alkaline waters without converting the chronic symptoms of gout into acute; but that after three baths of the *natural* waters the inflammatory attack came on, attended with great suffering. It rapidly yielded to an administration of aperient stomachic medicines, clearing out the alimentary canal, and setting all the organs of digestion in a state to perform their proper functions.

In this case there was evidently an immense deposit in the affected joints. No warm baths or alkaline waters had suppressed its formation; the natural waters, being a powerful stimulant, did effect the disturbance of these deposits and induce the system to throw them off, but not without great suffering and disturbance of the general health.

When I had inquired, before the attack, as to the action of the kidneys, the answer had been that nothing could be more perfect; but as soon as the inflammatory symptoms came on, an immense deposit of uric acid took place, and the patient was soon convalescent, with the swelling of all his joints entirely passed away; and in a few days able to walk with ease and comfort.

The natural inference is, that he arrived there with a

deposit in the joints which no soothing baths or waters were able to remove; nor was there apparent any disturbance of the digestive organs or kidneys; but, the exciting waters producing a quickened circulation—making the case acute—whatever that deposit was it was taken up, and thrown off by means of the kidneys.

I do not attempt to go into the question of what the deposit consists; I leave that to more able chemists than myself: yet I cannot divest myself of the idea that it is uric acid. I will not oppose the opinion that this always exists in healthy blood: but as we know that in all these matters chemical science shows the necessity of a due proportion, is it not a fair inference, that where in such a chemical compound as the blood, any one of the constituent parts is unduly preponderant, mischief will result and continue to work until the balance is by some means restored?

Case No. 2. A gentleman consulted me many years ago, who was a great sufferer from gout. He told me of the means he used for his relief, which was extreme physical exertion, to induce perspiration; and when the perspiration became acid, which was very perceptible to the olfactory nerves, he knew that his gouty symptoms would leave him. I saw the same patient last year at Buxton, when he repeated his firm belief in the efficacy of his old plan, which, however, as he advanced in life, he had become unable to follow; and he added, that as a substitute he took active diuretics, and as soon as he could perceive a deposit in the *chamber*, he was satisfied that a few hours would relieve him of his symptoms.

It has been a practice to take largely of sesquicarbonate of soda and other alkalies to ward off the symptoms of gout. How does this produce its effect, except by throwing alkali into the blood when it is frequently already exceptionably alkaline? And, although this treatment will sometimes ward off the attack, yet it does not go to move the deposit already formed, but only prevents the effects which a preponderance of uric acid in the blood would produce. Thus, in Case No. 1, the use of the alkaline waters kept the patient free from acute

suffering, and prevented any addition to the deposit in his joints, though it could not relieve them of the deposits already formed.

It cannot be satisfactorily accounted for that an excess of alkaline treatment will only relieve the system of the pain of gout, and not remove the deposit of gout, except on the theory I have already advanced, viz., that a stimulated action of the blood is necessary for the removal of the deposit.

I must here remark, that when I speak of the deposit in the joints, I do not mean the commonly called *chronic* or *chalky* deposit (viz., lithate of soda), but the lymphatic deposit or thickening of the joints which takes place in acute gout. In both cases I believe the basis of the deposit to be the same, viz., uric or lithic acid; but in the one case in a *fluid*, in the other in a *solid* form. As long as the deposit is not denser than the blood, the blood may be able, under certain circumstances, to absorb it by the process called endosmose; when it assumes the solid form this becomes impossible.

The plan I have followed for years in the local treatment of gout bears out this theory by the success which has attended it. My custom has been to apply hot spirit lotions to the affected joint. This has the double effect of diluting the deposit and of stimulating the circulation; then the law by which a thinner fluid passes through a medium into a denser has room to operate, and the deposit is taken up by the blood and thrown out of the system through the kidneys. Part of the deposit, probably, passes off through the epidermis of the affected part under the influence of the spirit lotion. I can cite a case in which the law of evaporation thus effected a perfect cure. It sometimes falls to the lot of a medical practitioner to have patients who will thoroughly go hand in hand with him in carrying out the treatment he prescribes. Thus it was with Mr. S. For many years he had suffered, not severe attacks of gout, but still of sufficient force to produce a deposit and thickening of the joints of both feet and hands. I stated my ordinary treatment to him, asking him if he would submit to it, and let each limb be under the constant influence of evapo-

rating lotions, for at least a week; at the same time using a cordial stomachic aperient treatment. He followed it up most rigidly both by day and night, and the result was a perfect cure, and the recovery of the free use of all his limbs. A strict observation of his own symptoms and the immediate use of the cordial aperient mixture on the slightest threatening of gout, has preserved him from an attack for nearly twenty years.

Another case is that of a gentleman about the Court, to whom it was of the utmost consequence to have the free use of his limbs. He went through the same treatment with great success, and warded off his attacks of gout by taking every morning before leaving his bed a draught of an ounce of compound decoction of aloes, alternately with a cup of strong coffee.

In the case of my own father, who was what is termed a "martyr to gout" in early life, and that in the worst form, viz., metastasis, his gout, having been cured by the use of the spirit lotions and cordial aperient medicines, was kept off by daily taking a cup of coffee before rising from bed, or occasionally a cordial aperient draught with compound decoction of aloes as its basis.

A more distressing case of metastasis than his could perhaps hardly be recorded. He had at the age of seventeen lost his leg by an accident, and the stump was constantly the seat of great agony from gout. On one occasion it suddenly left the stump and the other then affected limb, and seized his nose. After intense agony it as suddenly left the nose and attacked the eye, and that so acutely as in a short time to deprive him of its sight. Yet for many years before his death he was, by the means I have described, kept free from an attack of gout.

The use of the Buxton waters in the treatment of gout is very well illustrated by Case No. 1. Where a fluid deposit has already taken place in the joints, the soothing influence of the alkaline waters and hot baths prevents any addition to it by neutralising the acid in the blood. Then, when the

stimulus of the natural baths is applied, the blood, prepared for the reception of acids by the influence of the alkaline water, takes up through the absorbents the uric acid it has before deposited, and which causes the inflammation whence the suffering in gout proceeds.

In Case No. 2, manifest good resulted from the use of the Buxton waters. He had his soothed, as well as his inflammatory stage. He came to Buxton scarcely out of an acute attack, and underwent the ordinary course of treatment, by drinking the alkaline waters and taking the hot bath, with evident good effects in the relief of his sufferings, as well as in the improvement of his powers of locomotion, as far as this depended on the relief of the pain. In due time he went to the natural bath, and the result was an aggravation of all his symptoms, which subsided under the evaporative treatment with cordial stomachic aperients, and an alkaline draught with colchicum taken every six hours. He quickly recovered from the acute stage, and on finding himself free from pain was not unwilling to follow my advice to resort again to the natural bath. The result was very satisfactory, for by its means, aided by gentle dry friction of the limbs, he was enabled to leave Buxton with his general health much improved, and the symptoms of gout greatly abated. This case was one of true chronic gout, with enormous solid deposits on all the joints of the extremities, so that I could not anticipate the cure of the case, in their removal. I could instance many cases showing the effects of the Buxton waters, but the following is one of the most striking.

Case No. 3. This patient arrived in Buxton suffering under great stiffening of his limbs from repeated attacks of gout, but free from any inflammatory symptoms. He got the usual routine advice: so many hot baths, so many glasses of water, so many natural baths, and followed it up without any medical superintendence. As soon as I was summoned, I found him suffering from an excess of the alkaline waters, and of the natural baths, taken while not in a state to receive

benefit from them. He was tympanitic; every limb suffering from inflammatory gout, and so stiffened that he was unable even to take off his trousers; his urine scanty, but exceedingly alkaline; all the viscera deranged; the bowels constipated; passing sleepless nights; and with an anxious countenance. I was obliged to have recourse to calomel and colchicum, followed up quickly by stomachic aperient medicine. Under this treatment his alarming symptoms soon disappeared, the gouty deposit became less, and his limbs freer from pain.

This case exhibits the danger of trusting to the alkaline waters and the baths without careful professional watching of their operation. During the remainder of his stay in Buxton he feared to repeat the waters or the natural bath, but was kept under the soothing influence of the hot bath.

No malady to which the human frame is liable has had so many nostrums tried and advertised for its cure as gout; and I conceive that there is none that requires more variety of treatment, and more close and anxious watching by the medical attendant. For whether it be acute gout, atonic gout, metastatic gout, every symptom must be watched, and met at its commencement. The shape that it assumes in its symptoms must be the guide to the mode of treatment; and to lay down a certain rule for the treatment of gout is quite as preposterous as the act of my fashionable friend in asking every dowager for a nostrum against hiccup.

It is natural to infer from the symptoms of atonic gout, that the greatest caution must be observed in its treatment, to prevent its becoming metastatic gout; because every organ of the body is in such a state of susceptibility, that any undue excitement of the nervous system might direct all the force of the attack to whichever of them may be at that moment most out of tone. The influence of the deposit upon the nerves, which is causing an agony of pain in one of the extremities, may be conveyed in an instant, as by a flash of electricity, to whichever of the organs is most susceptible at the time.

Ever since I have watched the symptoms of gout, and its effects upon the nervous system, I have never doubted but that the transference from the extremities to one of the organs of the body is induced by the want of a just balance of electric power in the nervous system; and the comparison suggests itself with the attacks of epilepsy, when the nerves, being for a certain time under a state of excitement from disease existing in their centre, the brain, convey the effect of the influence they are under to every part of the body by a kind of universal metastasis, until the battery is discharged; while in gout the pressure not being at the centre of the system, but at the extremity of one of its branches, the message runs (so to speak) on a single telegraphic wire, and not, as in epilepsy, upon them all.

The subject of electricity in gout has been long pointed at by some of the remedies directed for its relief; for example, the wrapping of the gouty limb in raw silk. I knew a patient who assiduously tried this method of relief, in the supposition that it had a considerable effect upon the nervous system. Wrapping in new flannel is another appliance whose use seems due to its electrical influence.

I suppose every medical practitioner in ordinary practice has met with patients who have gravely laid down plans for the treatment of their gout, often very curious, yet valuable, as leading a thinking physician very often to the right mode of treatment.

A physician in large practice in the country was a "martyr to gout." He would leave his home in the morning under the pain of gout in the foot, and before arriving at his patient's house he would ride into a pool, and, with a small cup which he carried for the purpose, pour water into his top-boot, so as to make a soothing poultice for his foot; and at the same time he would empty his brandy-flask in another direction, for the purpose of putting the organs most commonly affected by metastasis, viz., the stomach and heart, under the influence of the stimulant, while his foot was under that of the bath.

I do not cite this treatment as a model for others to follow ; but it was this physician's constant habit in his own case, and it answered his end ; for, with the aid of cordial aperients, he got rid of his attacks.

The cold water application is by no means uncommon in the treatment of acute gout, and it appears to be at least as old as Hippocrates ; but I always look on it with great suspicion, because of the possibility of its inducing metastasis to some vital organ. But its effect on the fluid deposit is to accelerate its removal.

One of the bravest generals in the British army at the battle of Waterloo told me that he went into battle with a fit of the gout, but that after the first shot was fired all pain left him, but returned with intense agony when the day was over. To relieve his sufferings he made a poultice of mud, taking care to drink freely of brandy, as he used to say, to prevent the flight of the attack to his stomach or heart. This gentleman became for many years my patient, and used to suffer considerably from shooting pains through the brain, which I always attributed to metastatic gout : and the late Dr. Chambers and I cautioned him, in the event of his having an attack when we could not be at his bedside, against allowing any one to bleed him. He was attacked in our absence, and the lancet used ; and, in a few hours afterwards, an epileptic attack ensued, from the effects of which he never entirely recovered.

The attack began with pain in his foot, and ended in metastasis to the brain, inducing stupor.

I once knew a man who used to go about with a collar under his neckcloth, inscribed "Don't bleed me, it is gout." This was because of attacks he was subject to of metastatic gout, which used to produce stupor, preceded by severe shooting pains through the brain ; and knowing that, in case of a seizure, the first act of the bystanders would be to open his collar, he placed this caution where they would be sure to see it.

Sydenham objected generally to bleeding in gout (as, indeed, he also did to purging), though not quite on the grounds on

which it appears to me objectionable, viz., that it lays the constitution open to metastasis; but because it prevented the free discharge of the peccant matter, which, in his day, was an undefined theoretical *materies morbi*, but which I have already shown to consist most probably in an excess of uric acid in the blood, dischargeable in various ways.

And here I may turn to the effects of calomel, combined with colchicum and cordial aperient medicines; though I shall probably encounter the prejudice against calomel and colchicum. Yet I boldly affirm that both remedies have a most decided good effect in relieving the agony of acute gout, and, in a certain degree, preventing metastasis. I believe calomel to be a most valuable remedy in the hands of a judicious practitioner, who has reflected on its effects under the different modes of its administration. Calomel, when given alone, in repeated and minute doses, has a widely different effect from that which it has when given, not to a greater extent, in combination with a stomachic aperient, taken a short time after it.

The late Dr. Chambers, as I had abundant opportunity of knowing (having been for many years in constant attendance on patients with him), had to fight against this prejudice, which he did completely, and is well known to have been one of the most successful practitioners of his day.

Two grains of calomel every four hours for four and twenty hours has a more injurious effect on the constitution than twelve grains taken in one dose, with a cordial aperient soon after it.

I do not mean to advocate the use of large doses of calomel generally, but I must, in all candour to the memory of my friend, say that I have witnessed the most wonderful effects from it in extreme cases; and I have no doubt that there are many cases where this treatment would be the best to adopt.

A West India merchant, a great sufferer from gout, resorted to this treatment, and in the course of time arrested entirely his tendency to gout, and has been for many years free

from any symptom of it, and in the enjoyment of excellent health. His mode of treatment, without the assistance of the doctor, was both crude and rude. If any premonitory symptom showed itself, he would go to the calomel bottle, and tip out a spoonful of calomel—say at least twenty grains—and swallow it with a certain portion of sugar, taking half an hour afterwards a mixture of magnesia with the wine of colchicum and pimento water. The draught he would repeat every four or six hours, until he got a copious discharge from the bowels, when all symptoms of gout would leave him, and he would rally his system by a potation of “*sangaree*.”

This gentleman told me that on one occasion, while suffering from a fit of the gout, it shifted (as he expressed it) to his head, and he was in a state of stupor, much to the alarm of those about him. A strange doctor was summoned, who began talking to the attendants round the bed of what they thought of the dying man, when the voices roused him, and he heard the words “I must bleed him.” With an effort he said, “No, no, give me the calomel bottle. It is gout, and I will soon cure it.”

This is an extraordinary case, and there are few patients whom such treatment would not kill; therefore I do not cite it as an example to follow, but in proof that these remedies have their value, and that not a small one, in the hands of one who understands them.

It is well worth while to consider how this treatment brings about its results. My experience teaches me that calomel in large doses does its work of relief by emptying not only the alimentary canal, but also the large viscera of the body. The different classes of aperient medicines have each its proper mode of action. Saline purgatives act chemically, and relieve congestion by watery evacuations; whereas the warmer and stronger purgatives—such as aloes, colocynth, scammony, jalap, &c.—act more slowly, and more strongly affect the muscular coat of the intestinal canal. The action of calomel in purgation is, by the clearing and discharge

of the secretive organs of the viscera, so that they are put in a condition to recover their normal action, and then the constitution is enabled to right itself. So that, unless disease be present in any of the essential viscera, their disturbance, which has probably been the source from which the gouty symptoms emanated, will be relieved, and a healthy action restored.

My friend the late Dr. Warren's treatment of disease was founded on this principle. A few months before his death I met him in consultation, when he told me that he felt his health now fast giving way, and that he was anxious to leave me a legacy, which was the care of a relation of his own, whose habit had been for many years to see her doctor daily, and keep herself in the enjoyment of good health by calomel purgation. I remember his telling me, "You must not attempt to get her out of this habit; it has been tried by many doctors, but they have been obliged to resort to her old remedy." She lived to be a very old woman, and I never saw any injurious effects from the mode of treatment laid down for her by Dr. Warren, which was a mercurial purgative at least twice every week.

I can instance many cases to bear out the belief I have long come to, that mercury when used as a purgative is as harmless as any other form of aperient medicine. I can cite a case where this treatment was again and again tried to be got rid of, and other modes adopted, but without success—so that the former treatment had to be returned to.

Lady —— had been for two or three years a follower of homœopathy, until it ended in obstruction of almost all the viscera. No relief could be obtained, until it was suggested by Dr. Chambers that a large dose of calomel should be given her, followed quickly by a warm purgative medicine. The result was complete relief; and the effect on her own feelings in favour of this remedy was so strong that I had the greatest difficulty in restraining her from applying it on the slightest symptom of disturbance. At length I was obliged to yield, and a large dose of calomel was taken

almost every week ; and every morning, for at least fifteen years, an aloetic purgative, which enabled her to go through her arduous duties as an ambassador's wife apparently in perfect health ; and she died at the age of seventy-two or three.

I repeat that I do not advocate the indiscriminate treatment of disease by large doses of calomel. I simply cite these facts to prove that these extreme remedies may be resorted to without evil consequences in extreme cases.

In one of the cases I have cited (Buxton Case No. 3), I am sure that no treatment could have been so effectual to remove the patient from death's door as that which I employed—viz., a mercurial purgative.

To show how apparently *innocent* remedies for the cure of gout may produce serious bad results, I can give the case of a lady who was gouty, and whose treatment was by magnesia. She followed it up for some time, and, although in indifferent health, she warded off any fit of the gout. At length she was laid up with a most distressing pain, extending from the pit of the stomach along the whole alimentary canal. The relief she obtained was only temporary. At length she was induced to take a strong purgative, which brought away a substance of considerable size, and so hard that the hand could not break it. It was formed of magnesia which must have been in excess of the gouty acid, and prevented the latter from showing itself in gouty symptoms, but nearly at the cost of the patient's life.

As to the effect of colchicum in gout, it is too evident to be denied, that it has a most powerful one in averting the distressing pains, although it is difficult to say how it operates. Whether it contains a salt destructive of the power of uric acid on the system, or whether it operates simply as a sedative, I am not prepared to say : but it is quite certain that its effect in the greater number of cases is relief.

I think for a physician to repudiate utterly the use of colchicum in acute gout, would be as preposterous as for a soldier to go into battle without his Minié rifle.

Hundreds of practitioners administer colchicum from having gained by experience a knowledge of its efficacy, and leave their patient in the full confidence that on the morrow they will find him greatly relieved of his suffering.

The question for us to consider is, what is the best form in which to administer it? As far as my experience goes, the aqueous extract, combined with colocynth and galbanum, is as efficacious, and at the same time as innocent, a form as any that I know of.

In a consultation I had with Sir Benjamin Brodie in a case of disturbance of the urinary organs depending on metastatic gout, where the water was alkaline, he expressed a conviction that alterative doses of colchicum answered in these cases more completely than the larger doses usually given. I watched this case with great interest, and the event was so satisfactory—perfect restoration to health—that I have been encouraged to follow the same treatment since, and with the best results.

In gouty attacks affecting the urinary organs (I mean by that, irritation of the neck of the bladder and the urethra), colchicum, together with tinctura ferri muriatis, has proved very successful in affording relief and leading to an ultimate cure. Amongst the various forms in which colchicum is administered, I ought to mention that used by the West Indian gentleman whose case I related. He took the wine of the seed, sometimes with magnesia, but was knowing enough in the treatment of his own case occasionally to take it with lime or lemon juice: judging which of these to use by the state of the secretions of the kidneys, whether it was alkaline or acid.

I need not mention that the treatment by lemon juice has been prescribed not only for rheumatism, but also for gout: and my experience leads me to say that this mode of treatment can very seldom be adopted: and there must be a very peculiar idiosyncrasy in the patient who can follow it up for any length of time with advantage.

It is supposed that the eau medicinale owed its efficacy

to the presence of colchicum or hellebore, and it was a fashionable remedy for many years. I remember my father, in a violent fit of the gout, flying to it; and although he took the smallest dose ordinarily prescribed, it nearly cost him his life. So that if colchicum is present in it, it must be in very great quantity, and its serious effects neutralised ordinarily by the presence of usquebaugh or some such spirit. Some practitioners cry out against the lowering effect of colchicum. To obviate this, I generally give it with a strong stimulant.

To end the subject of colchicum, I cannot but express my conviction that it is a harmless and at the same time a useful remedy in gout, and in the hands of a skilful practitioner most valuable in arresting the distressing pains; and that a physician who has a knowledge of his patient's constitution under disease may use it not only with impunity, but with the most beneficial effects. It is, in my opinion, only in the worst stages of atonic gout that its administration is likely to prove injurious. But even in the very extremest case, any injurious effects it may produce may be met, if the symptoms are watched, by an acute practitioner. It is not the risk of metastasis that occasions the danger, but the luring effect of colchicum upon the nervous system: for its effect is to subdue susceptibility, and render the transmission of the shock by the nerves less probable.

As to the comparative merits of the treatment of gout by acids or alkalies, the symptoms of course must be observed, which would lead to the adoption of either, as cases may require. I am speaking now not of gout manifested, but of those symptoms which, if not arrested, will in all probability end in an attack of gout. In doing this I may review some of the nostrums ordinarily applied for the prevention of gout; and see not only how far they will answer this purpose, but also whether they are innocent or injurious to the constitution of the patient.

For example, the carbonates, or bicarbonates of soda, potash, and magnesia, I believe to be all alike injurious, if

taken to any considerable extent, as they often are: as we know there are certain acids essential to the operation of the electric battery of the nervous system, which an excess of alkali will destroy. And I call to mind the infirm gait and feeble animal life which exhibit themselves in those who have made soda and potash their daily defence against gout. The effects of magnesia are shown in the case of the lady already mentioned. There could not have been a sufficient amount of acid in her system to neutralise the alkali and make it act as a purgative. The enervating influence of these medicines when taken in excess must induce a state of constitution exceedingly susceptible of metastatic gout; and, as far as my recollection carries me, an early break-up of the constitution is the general result. On the other side, whatever nostrum is used, the effect of which is to invigorate the constitution, it is equally efficacious in warding off the attacks of gout, and if an attack should come on, it puts the constitution in a state to go through it more safely.

An eminent physician, a great friend of mine, not long dead, always carried with him his supposed specific for the gout, in the form of twenty grains of bicarbonate of potash, which, for many years, he never failed to take daily, whether at his own table or dining out, in half a tumbler of water. Certain it is that he was not a sufferer from gout after adopting that remedy, as he had been before he began using it. This case recalls to my mind a ludicrous mistake made by an habitual soda-taker. He was on a visit to a friend, and desiring to take his usual preventive against gout, he put his half-drachm of sesquicarbonate of soda into a tumbler, filled it up from what he supposed to be a decanter of water, and, according to his habit, drank it off. It proved to be gin, and the result was, as may be supposed, great immediate distress, and an exhibition of gout next morning. This case shows that the habitual taking of soda will not exempt the system from an attack of gout when there is an exciting cause sufficiently strong to overcome the ordinary antidote.

I have seen more cases of atonic gout resulting from excess of the alkaline treatment than from the failure of a stimulating treatment: and if an attack of *acute* gout comes on, it is generally a relief to the system, and bears out the expression you hear from many patients, "a fit of gout sometimes does me good." Not that I think that the attack of gout in itself alone does good, but that, in addition to the absorption and removal of the uric acid deposit which takes place in an acute attack, the different viscera return to a healthy action under the remedies and regimen which the attack renders necessary.

I knew a patient who kept off his attacks of gout by a mixture of lemon juice and magnesia. The operation of this medicine could only have been that of a mild purgative; but he used it for many years to a good purpose, enjoyed good health, and died in a green old age.

I have already spoken of the value to a gouty subject of stimulating the stomach in the morning before rising. I not long since visited a gouty friend, who was very much distressed by a peculiar giddiness which always came on when he first rose from his pillow, and which the administration of a stimulant before moving had the effect of greatly relieving and almost entirely preventing. At last, however, having one morning neglected to follow this advice, he was seized with sudden giddiness, while dressing, which soon had a fatal termination, before the stimulant (brandy), for which he called, could be given him. His circulation being exceedingly defective, I attribute the good effects of the stimulant to its influence not only on the stomach, but also on the action of the heart.

I have started with the theory that the essence of gout is thrown into the blood through some one or all of the digestive organs being deranged. Therefore the first step to cure gout is to find out, if possible, the exact cause; for if the deranged stomach produces gout, not only do we have the ordinary effect of its derangement, but the presence of gout in addition; so that there is, in truth, a double malady.

There are certain organs of the body liable to metastasis—as the brain, the viscera of the chest, &c., &c. But there are again other organs, which not only come under the influence of gout by metastasis, but are themselves the means, by their derangement, of producing the poison, the influence of which is now thrown back upon themselves—as the stomach and the other digestive organs. Their derangement has made them susceptible, and therefore the treatment must be directed to the double end of restoring their natural functions and enabling them to resist the influence of gout retrocedent. The remedy which the physician would apply for gout in the stomach would be widely different from that which he would apply for gout in the head.

The first great point is to ascertain that they are really gouty symptoms which exhibit themselves; and then, according to the constitution of the patient, to direct the treatment.

I have shown the effects of blood-letting under certain gouty symptoms in the brain: and yet there are recorded cases of blood-letting having been successfully adopted. I am not to conclude from the ill effect of blood-letting in the one case that it will always have those ill effects, for there are cases recorded in which its results have been satisfactory.

Having embodied in the preceding pages my reflections on gout and its general treatment, I am anxious, before concluding the subject, to say a little more on Buxton and its waters.

My observation of the cases which came immediately under my own care, as well as the conversation I had with many visitors, who every year return to Buxton, not only to get rid of the inflammatory attacks of gout, but to free themselves from their consequences, could lead me to no other conclusion than that a residence in Buxton, with the use of its waters, is very beneficial to persons of gouty disposition. And it is a fact to which no one can be blind, that many arrive in Buxton—some suffering acutely from gout, others from its conse-

quences, others, again, so crippled as to have lost all active enjoyment of life: and that all of these, after a sojourn of a few weeks, leave it with as much relief as their several cases are capable of receiving.

Some writers have gone into the particulars of the character of the Buxton waters, simply with a view of showing to what chemical agents they owe their efficacy, but without showing their application to particular diseases; and I believe that many readers, not knowing how to use the information thus afforded them, do themselves a great deal of harm by following a mere routine of drinking and bathing. The effects of drinking the waters will vary in different constitutions, and in the same constitution in different states. It is the same with regard to bathing. Certainly, according to the ordinary regulations for bathing in the hot waters, the system is soothed and tranquilised; and if acute suffering be present, in many cases the relief is beyond doubt very great. But still, if the bathing be carried on to excess, extreme languor and debility must be the result.

Then comes the application of the natural waters, which I am quite sure require most anxious watching as to their effects upon different constitutions. No one who has watched their use can arrive at any other conclusion than that they have a very decided influence on the human body, both in health and in disease.

I do not wish to enter into the controversy as to the amount of nitrogen present, or the peculiar qualities of the waters. It is sufficient that the analyses which have been made differ. But I doubt whether the waters alone are sufficient to account for all the beneficial effects I have witnessed; for I believe the situation, with other circumstances, has great influence in making Buxton not only a fashionable place of resort, but also a most healthy one. In the first place, it is 1,000 feet above the level of the sea. In the next place, it is situated on limestone rock. Its buildings are judiciously placed, spacious, and airy. There is no miasma arising from

marshy lands; no undrained meadows, damming up stagnant waters; no unhealthy cesspools and pigstyes occasioning noxious smells; no closely packed human beings in filthy rooms, generating fever; but a rapid river rushing impetuously through the midst of the town, carrying away in its course whatever is refuse and corrupt. The rides and drives in the neighbourhood are beautiful and various. The walks extensive and inviting; and what is remarkable is, that after the heaviest rains they become, in an incredibly short time, so dry that the most delicate or fastidious lady may resume her walks without her goloshes.

The town itself is situated in a beautiful basin on the summit of the lofty hills of Derbyshire called the Peak. The houses are well placed, and afford ample accommodation for the most fastidious visitor. The baths are constructed with every inducement to allure the bather. They are erected on a scale of great extent and magnificence, and the attention you receive there is equal to the promise their appearance gives.

The town of Buxton stands in three parishes—Buxton, Fairfield, and Hartington-Upper-Quarter—the course of the river Wye dividing them. In the parish of Buxton is a large church, built on a magnificent scale by the late Duke of Devonshire, at a cost (it is said) of nearly twenty-seven thousand pounds. In the upper town, or Higher Buxton, as it is called, there is a small church, a very ancient structure. There is service every Sunday in both, by the incumbent and the curate. The parish of Fairfield has also a very handsome church within a very short distance of the town, which has also two services every Sunday. There are, besides, other places of worship, with their attendant ministers, who seem to harmonise in doing good with the incumbent of the place. But there is one thing beyond all these advantages; the lightness and salubrity of the air, which I can only attribute to the altitude of the place, and its freedom from all miasmatic influences. All I can say is, that the cares and turmoils of life are forgotten and lost on the healthy hills of Derbyshire.

A large portion of the property, including all the baths, is the Duke of Devonshire's, and under the surveillance of a most competent agent, whose duty it is not only to see that all is conducted with propriety as regards the interests of the duke, but also to provide for the comfort and amusement of the numerous visitors.

I must not omit to mention the business part of the town, which is filled with good shops, and a small class of lodgings for the less wealthy visitors. It did not strike me that the prices of everything differed from those of the ordinary market towns I am acquainted with. The shop-keepers and hotel-keepers strike me as being remarkably civil and well-conducted; and a fact worthy of remark is the constant attendance of the working inhabitants of the town on the bands of music which play every evening during the summer, and their great propriety of conduct.

It is satisfactory to look at the rising importance of the neighbourhood of the town. Houses, villas, and streets are daily advancing, and it is very probable that Buxton, being now within one hour of Manchester, may, ere long, become a place of residence for men of business.

In connection with the subject of gout, recent events have shown that, in all probability a great deal may be done for gout by the simple, yet wonder-working treatment of the thermo-therapeia, or hot-air bath. For years my friend Mr. Urquhart has been hammering at the British people to bring into use the bath which he has seen and used in his travels in the East; and which his deep reflection and great genius convinced him must be productive of the happiest results to any nation which should adopt it. In the words of Mr. Crawshay, "he had acted with that common sense which is so rare; he had observed, he had used his eyes and his senses; he had enjoyed the bath in the East, he had been familiar with it, he had studied it; he had put to himself the question, 'Why should it not be in the West?' He had not been like every other traveller, who, for hundreds of years, had been to the

East, and had tried the bath ; and who, not seeing it in the West, had imagined it could not be in the West, forgetting that it had been in the West."

I am led on to another quotation, which is perhaps still more applicable to my subject. It is from the pen of Dr. Millingen, Physician to the Sultan. "I shall do my best to answer the principal of the questions you have put to me on the subject, and begin by your query as to the application of the bath in the prevention and cure of disease. The working classes among the Turks (for such classes, though in England you appear to ignore it, do exist, and are as numerous, and fully more hard-working than elsewhere), know of no other means of prevention, on feeling indisposed, but the bath. In the numerous cases arising from sudden changes in the temperature of the body, a copious perspiration, which a stay of more or less duration in the *calidarium* is sure to occasion, does, in the great majority of cases, restore the body to the equilibrium of health. After over-exertion, again, the bath is had recourse to. In short, it is looked upon so much in the light of a panacea by the lower orders, that they never dream of consulting a physician, when taken unwell. * * * * * You speak of the temperance of the people as being pointed out as the principal cause of gout being hardly known in this country. If this is partly true, on the other hand I must remark, that intemperance of late years is much on the increase, and moreover, that it is carried on to an extent, which, if stated, might be looked upon as fabulous. Yet the gout is not more prevalent, nor *delirium tremens* either. This immunity I can attribute to nothing else but the expulsion of the alcohol circulating in the system by the lungs and skin during the stay in the bath."

As long ago as 1850, Mr. Urquhart published a work, called "The Pillars of Hercules," and in that book he gave a detailed account of what is now called the Turkish Bath ; which, with all its clearness and intense interest, did not awaken the British people from their dull slumber to see not

only a remedy for the most direful diseases, but a most precious boon for the comfort of social life, and such a luxury as has never been before offered to the cautious Englishman. On taking up the chapter on the Turkish Bath in "The Pillars of Hercules," it does seem extraordinary that it has not long since awakened the reader to the true knowledge of his dirty condition, and of the simple plan by which he may get rid of the impurities of his body. As Mr. Urquhart says, "cleanliness has all the characteristics of a virtue and a vice; it is at once beneficial and seductive." My friend has recently built a Turkish Bath in his own house, and has been pleased to give me an opportunity of testing in my own person the truth of this apothegm.

I shall not separate these two characteristics, both of which it is impossible to exaggerate. The immediate effect of the bath on your entrance, is to clear every thought, and to lead you for a while into a new world. Your body is freed from all restraint of abominable clothing, and your mind from the grovelling cares of life.

I had thought, during the summer of 1860, the natural baths at Buxton the acme of perfection. During your immersion in them a peculiar joyous feeling thrilled through your nervous system, which led you to desire a lengthened sojourn in them, produced, I presume, by the presence of a large quantity of nitrogen gas, which is every moment rising to the surface in large bubbles. Not thus brief is the enjoyment of the Turkish Bath. As the door of the bath closes upon you, and your bare feet fall upon the warm white marble—divested as you are of all clothing and restraint, you begin to lead a new life. *Seductive* is but a feeble word to depict the influence under which you are speedily placed: *entrancing* is a more suitable epithet. With the limbs bent in repose on the couches set round the apartment, and a perfect calm reigning in the heated chamber, the whole nervous system seems at rest, and even a whispered conversation strikes you as an infringement of the tranquillity of this new existence. By the gentle excitement of the heart's

action the body is bathed in perspiration (which you encourage by passing a few minutes in the *sudatorium*, if necessary), and during this process the poison of gout, or whatever impurity may be present in the blood, is being thrown off, and the transition from impurity to purity is taking place.

After enjoying the repose I have described for as long a time as circumstances will permit, you exchange this state of happy tranquillity for one of activity and exertion, no less attractive, however, in its way than the other. With the body now covered with a profuse perspiration, you pass into a trough, above which is a jet of warm water, which spreads out like the rose of a watering pot. This is allowed to trickle down the body for a few minutes, after which the attendant, with both his hands, covers you with a lather of soap. This is followed by friction with a wisp of vegetable fibre called *liff*: and if you would examine the quantity of filth, which by this process is brought from your person, you would no longer believe that you had led a life of cleanliness, and that your daily ablutions had resulted in purifying the body. After splashing and dashing in a bath of cold water, which is in this place a luxury which must be experienced to be truly realised, you pass into the *frigidarium*, or cooling chamber, and there unwillingly resume the dress of the fashion of modern times, which is so closely to cover the body as to prevent the skin from breathing, and dam up the natural outlet for the impurities of the system. I have been somewhat lengthy in my observations on the bath, deeming it necessary to show how truly applicable it is in the treatment of gout and rheumatism. I feel I cannot overrate it. That the impurity of the blood—call it uric acid in gout, or alcohol in *delirium tremens*—can be carried off, there is no doubt, and that without injury to the constitution; that is to say, as far as the remedy, viz., the bath, is concerned. Not that a person can be guilty of the indulgences which bring on gout or *delirium tremens* without having to suffer for them. Yet by a regular use of the bath the blood may be kept from becoming impure, and so disease prevented.

I have mentioned the case of a gentleman who prevented his attacks of gout by inducing violent perspiration, but then it was at the cost of injury to some of the important organs of the body ; also of a gentleman who was suffering from deposits in the limbs, consequent on gout. My belief is, that the bath in both these cases would be a valuable adjunct, if not a perfect remedy.

I mentioned also the case of a gentleman who *cured* his gout by large doses of calomel ; another by colchicum and warm aperients. All these remedies must, more or less, affect the constitution. Not so the general treatment by the bath, which I presume to lay down as follows :—In a case of acute gout the alimentary canal should, by as gentle means as possible, be cleared of its excrementitious deposits, and the body submitted to the influence of hot air. This might be followed by stimulating baths, such as the natural bath at Buxton, which is so peculiarly adapted to invigorate the constitution when under a state of depression.

It has been the fashion for many generations, not only to see a resemblance between gout and rheumatism, but to class them as relatives. But although they may be produced by the same state of blood—that is, the presence of uric acid in excess—the effects upon the different parts of the body differ materially. I do not know whether any stronger proof can be given of the theory I have already advanced, that gout is not a disease *per se*, but the manifestation of a disease already existing, than the variety of symptoms that spring from a rheumatic or gouty diathesis.

Gout arises from a poison deposited in the joints of the body, usually commencing at the foot and ankle ; rheumatism often from a poison deposited amongst the fleshy or muscular parts of the body.

The symptoms of acute gout differ very widely from those of acute rheumatism : they run a different course, and the evils that result from their attack are also widely different. In acute gout the after effects are not always to be traced : not so in acute rheumatism. We do not find that a cold blast

of air or exposure to a damp atmosphere will readily bring on an attack of gout; but a person who has once gone through the painful horrors of an attack of acute rheumatism, is, I may venture to say, a weather-glass for the remainder of his life.

From the observations that I have made in attendance on cases of rheumatism and gout, I have been led to think that rheumatism more readily attacks the synovial membrane of the joints, and that its effects are more permanent than those of an attack of gout. And I have found that the joints of the ankle and wrist, where the synovial membranes are covering the smaller bones, are seldom or never restored to their natural freedom of action, if the attack has been one of pure rheumatism.

In carrying my memory back to cases to illustrate what I have said, I fix on that of a gentleman who submitted to a variety of experiments, to get rid of metastatic attacks of rheumatism. Amongst them was acu-puncture; the theory being propounded that rheumatism arose from air getting into the sheaths of the muscles. Certain it is that he thus regularly got rid of his painful attacks, when they were confined to the fleshy part of his arm or back. Is it not, at least, barely possible that it was the irritation produced by this operation that effected his cure?

Dr. Mason Good ("Study of Medicine," Cooper's edition, Vol. II., pp. 282-3) gives the following account of this method of treatment:—

"In many of the Eastern parts of the world, and particularly in China and Japan, a mode of treatment for various acute muscular and nervous pains has been in immemorial use, under the name of zin-king, or needle-pricking, and consists in pushing from two to five or six finely-pointed gold or silver needles, at a small distance from each other, into the seat of pain, to the depth of from half an inch to an inch, or something more. This has of late been tried, under the name of acu-puncture, in France, by M. Berlioz and other practitioners, and in our own country by Mr.

Churchill, for various affections of the above character, but particularly in severe chronic rheumatism, and according to the accounts published, with considerable and almost instantaneous relief. The puncture produces little or no pain, and should be followed by no hemorrhage. A single puncture is often found sufficient to remove the ache, though it shoots occasionally to some neighbouring part; in which case the same process is to be followed up to the seat of metastasis, when it is usually found to vanish altogether. The needle, when introduced, is suffered to remain in each puncture for about five minutes before it is withdrawn, and, in this part of the world, is commonly made of fine steel." Mr. Cooper, Dr. Mason Good's editor, adds, "Dr. Elliotson has employed acu-puncture very extensively: his experience confirms the experience of Mr. Churchill, that it is chiefly useful in the rheumatism of fleshy parts, and in chronic cases. Like the same writer, he also finds one needle, left an hour or two in a part, more efficient than several applied but a few minutes. Of forty-two cases thus treated, thirty were cured; and the other twelve, being more or less acute, were not adapted for it, and yielded to anti-phlogistic treatment. Some writers would attempt to explain the *modus operandi* of acu-puncture on the principle of counter-irritation; but M. Pouillet has endeavoured to show by experiments that electro-magnetic phenomena take place in the operation."

There was another mode of treatment adopted for the cure of rheumatism, and which was in fashion some twenty years ago, and had its devotees—viz., the moxa, and I have seen some apparently wonderful effects resulting from it. Brown paper and hot irons have been deemed a successful remedy in rheumatism in the fleshy parts of the body.

The following account of moxa is transcribed from Hooper's Medical Dictionary:—

"ARTEMISIA CHINENSIS.—Mugwort of China, called also *Moxa japonica* and *Musia pattrae*. A soft leguminous substance, called *moxa*, is prepared in Japan, from the young leaves of this species of mugwort, by beating them when

thoroughly dried, and rubbing them betwixt the hands, till only the fine fibres are left. Moxa is celebrated in the Eastern countries for preventing and curing many disorders, by being burnt on the skin; a little cone of it laid upon the part previously moistened, and set on fire on the top, burns down with a temperate and glowing heat, and produces a dark coloured spot, the ulceration of which is promoted by applying a little garlic, and the ulcer is either healed up when the eschar separates, or kept running for a length of time, as different circumstances may require."

It is one of the trials of medical practice, to meet frequently with patients who have such exaggerated notions of the power of physic, that they consider any result short of cure as a proof of incompetency in their medical attendant, and treat him accordingly: and there is no complaint which gives such persons so much opportunity to display their unreasonable fancies, as chronic rheumatism. I was in attendance once on a rheumatic old lady, with a well-known fashionable physician, whose manners were extremely courteous. On one day entering her room with his usual bland manner, he was very much astonished at being assailed in these terms:—"You have paid me forty visits, for which I have given you forty guineas, and I am now not a bit better than I was before you saw me;" shaking her hand, full of prescriptions, in his face.

Metastatic rheumatism and gout do not always destroy or injure the functions of the organ which comes under their influence. A nobleman who was a great sufferer from both gout and rheumatism, used to be subject to violent attacks of metastasis to the heart, and his agonies were very great. But this did not prevent him, during the intervals of the attacks, from taking most violent exercise, whereby the heart was brought into energetic action. He lived on the banks of a river, certainly not less than nine or ten miles from a large seaport town, where he acted in the capacity of a magistrate, &c. His constant habit was to row himself in a boat of considerable size, and often against the tide, both there and

back. He lived to a great age, and died neither of gout, rheumatism, nor disease of the heart.

It is well known that the east wind has a great influence on rheumatic patients; not so much on gouty patients. The dread of an east wind is sometimes very great in rheumatic cases, and I have known it carried to a positively ridiculous extent. I remember an anecdote which was told of a rheumatic old gentleman, who lived alone and had fallen completely under the control of his two servants. His custom was never to rise from his bed or open his shutters before faithful John had come in to him with a report from what quarter the wind blew; and if there was a breath of east in it, the word was, "Stir up the fire and keep the shutters closed, and bring me my breakfast." So that if John or Mary wanted a day's holiday, John had the power of fixing the weathercock to the point he wished—giving his master an opportunity of judging for himself, by opening just a peep of the shutters, so as to get a view of the vane. This may appear an exaggerated dread of east wind, but I can avouch that I have seen many patients whose whims on such points have been carried quite as far. I may turn from the whims of patients to the whim of a patient's friend, on the same subject, viz., the east wind. Baron S. came to England on a diplomatic mission, and, under the influence of a dream, mistaking the window of his bedroom for the door, fell into the street and was killed. The disposal of his body and the necessary arrangements for his funeral were left in my hands: but when it came to the choice of the place for his grave, in Kensal Green Cemetery, his friend, with great emphasis, said, "Oh, I must go with you to select the spot, for my friend had the greatest horror of east wind, and suffered much from rheumatism, and we must choose a spot which is well sheltered."

Rheumatism appears to take firmer hold of the energies of the body than gout; and their attacks differ very materially in affecting the nervous system. Gout seems to come on with greater intensity, but the patient always feels

that there is to be a limit to his time of suffering, and is cheerful, compared with the sufferer from rheumatism. I have known the weariness of life, in the sufferings from rheumatism, carried to the furthest possible extent. I recollect the case of a captain in the army who was a martyr to rheumatism and an ill-tempered wife, and who, under the influence of these combined misfortunes, was driven to attempt self-destruction. His attempts were thwarted for some time by the vigilance of his medical attendants; but he declared that he would beat us; and did so, by resolutely refusing food for three weeks, during the whole of which time he never uttered a word.

There is another form of rheumatism, which is designated rheumatic gout; but why I could never understand, for it certainly has a distinct set of symptoms from either rheumatism or gout. Its mode of treatment also differs; or if there be any affinity at all, its course more resembles that of the former than of the latter. It is a frightfully painful complaint, and very difficult to master; and, as I have before remarked on acute rheumatism, it seldom or never leaves the constitution in its normal state. There is a peculiar characteristic in this complaint, that the body emits a perceptible acid odour. Writers pronounce this malady to be the effect of a very great excess of uric acid in the blood. Reasoning upon this, we shall be carried back to the theory already stated, that the disease is the excess of uric acid (no matter how generated), and that gout, rheumatism, acute rheumatism, and rheumatic gout (so called), are but different out-comings of the same disease, depending on the state of the constitution and other causes not perfectly ascertained.

If the effects left upon the constitution of the sufferer from these complaints resemble those of gout, it is plain that the remedies for their cure in the chronic state must also resemble those of gout; and hence the remarks that I have made on the effects of the Buxton waters will be no less applicable in the treatment of rheumatism and rheumatic

gout in a chronic form, than in that of chronic gout. At the same time, I must be allowed to reserve a doubt which has long since taken possession of my mind, that in cases of rheumatism there is seldom or never any excess of alkali in the blood.

I cannot venture to offer an opinion as to the remedies to be used in an acute attack of rheumatism or rheumatic gout; but this I fearlessly say, that my experience goes to convince me that by a free blood-letting *at the outset* of an attack of either, the attack will in all probability be cut short: but if the early stages are suffered to run their course to any extent, the abstraction of blood will do but little good; indeed, it is doubtful whether it does not rather do harm.

There are nostrums for rheumatism as well as gout; perhaps not quite so numerous.

To show how readily a medicine may get the reputation of a specific, a poor man suffering from rheumatism applied to a shopkeeper in the country for something that he could recommend to ease his rheumatic pains. The shopkeeper's wife, being the mother of children, and in the habit of using "Godfrey's Cordial" as a soother of pain, gave him a bottle of that medicine. He returned in a few days for another bottle, saying that "it was rare stuff, and had done him a deal of good."

I think it not unlikely that the thermo-therapeia, with the stimulating and tonic waters of Buxton, may have great influence in restoring sufferers from these chronic diseases to a considerable measure of health and strength. And as damp and fog, and low situations, are conducive to rheumatism, the absence of these evil influences at Buxton make it peculiarly fit for the residence of persons subject to this complaint.

I conclude these remarks by summing up what I have said on the resemblance and relationship of rheumatism and gout. They may both proceed from the same state of blood, but their effects on the constitution are very different; and they are attended by different symptoms, and call for different modes of treatment.

Sciatica is thought by some practitioners to be a rheumatic affection. The sciatic nerve may as readily be under the influence of rheumatism as any other part of the body, but there are other causes affecting it which may excite it to an agony of pain. It requires the skill of a practitioner to ascertain the cause from which this nerve is thus excited; and his treatment must be founded on the results of his observation. I remember one of the greatest sufferers from sciatica obtaining a cure from the treatment adopted for another malady under which he was labouring. My late friend Mr. Copeland was jointly in attendance with me upon a patient suffering intensely from pain in the sciatic nerve. On examination, to ascertain the cause of the suffering, it was necessary to examine the rectum; and on investigation and inquiry, it was found so loaded with hardened fœces, that it was necessary to relieve it of its load by mechanical means. In a few hours after this had been effected the patient got gradually better, until he lost all his pain in the sciatic nerve.

I do not see, therefore, why sciatica is to be classed amongst rheumatic affections.

Another great sufferer from sciatica was relieved by an abscess appearing in the neighbourhood of the nerve. As soon as the abscess was opened the *sciatica* was gone; showing again that this affection of the sciatic nerve often arises from mechanical pressure.

It is quite true that the facial nerve is often the seat of the pain called *tic douloureux*. This *may* be rheumatic, but it is as often the effect of complaints which have no affinity with rheumatism.

Lumbago is sometimes classed under the head of rheumatic affections; but I believe that the muscular spasm producing the affection called lumbago as often arises from some peculiar state of the kidneys, which are embedded in the lumbar muscles, as it does from rheumatism, and I may relate a case to illustrate this. There lived in my neighbourhood a man remarkable for his size and strength. His occupation, as a gamekeeper, made him subject to occasional

attacks of rheumatism, from his watchings at night in damp, marshy grounds and woods. He was seized with pain in the lumbar region, which was supposed to be lumbago. After many weeks of suffering, I was asked to see him in consultation, and I at once pronounced the case to be one of diseased kidneys. The character of the attack altered considerably under the free drinking of nitro-muriatic acid* very largely diluted, and the agonies he had endured were much mitigated; but he still continued to suffer very great uneasiness. He has been now nearly three years confined to his bed, and I mention this case more particularly to show what the system may be trained to bear. To soothe his sufferings he began taking a small quantity of laudanum at intervals during the day, and he has increased his doses, until he has got to an extent which will startle the belief even of a medical practitioner. He now takes twelve ounces of laudanum every week, and all the functions of life, except that of the diseased organs, the kidneys, go on unhindered.

This complaint, like sciatica, requires the cautious investigation of the practitioner before he administers to its cure. I readily admit that lumbago is more frequently rheumatism than anything else, and when it is, it comes readily under the treatment usually adopted for that complaint.

Confessedly, the great end of the art of medicine is to restore health, or, when that is impossible, at least to relieve

* With reference to nitro-muriatic acid, I would observe, that I believe that direful disease, *diabetes mellitus*, may be exceedingly benefited by freely drinking it largely diluted. About five years ago I saw a woman of advanced age, who was suffering from this disease. She was passing three gallons of water a day, and of the unmistakable character which marks this formidable malady. I prescribed the nitro-muriatic acid drink, and saw nothing more of her for more than three years, when accidentally passing the door, I thought I would ask how long my patient had lasted. To my astonishment I was asked to come in and see, and found her looking in much better health, and on inquiring what treatment she had been following, and what had restored her to her apparent good state of health, she said she had taken nothing but the "drink" I had prescribed for her, and that she dared not leave it off for a single day. She is still alive and using my prescription, at more than seventy years of age.

pain; and the researches of science into the secrets of the human body under its normal and ab-normal conditions are chiefly valuable as they enable us to accomplish this end. But while so many of these secrets are still hidden from us, our safest guide in practice is experience. The intelligent practitioner will by all means seek a thorough knowledge of the causes of every disease he has to deal with, but he will not let his partial ignorance of them hinder him from dealing with the effects: and while, in the interests of science, he puts together known facts in search of a theory which will consistently account for all the phenomena of a disease, in the exercise of his art he will never forget that "practice makes perfect."

The Square, Buxton,

June 6th, 1864.