

**The nature, cause and symptoms of the gout: as stated by Dr. Sydenham, Cheyne, etc. from which is rationally deduced its direct and perfect cure / Gilbert Nelson.**

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*Nature, Cause and Symptoms*  
 OF THE  
**G O U T:**

As Stated by  
**Dr. SYDENHAM,**  
**CHEYNE, &c.**

From which is Rationally deduced its  
**Direct and Perfect CURE.**

---

By **GILBERT NELSON.**

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*While there remain hurtful Principles within, the Patient will be in Danger: under frequent Alarms: and those Principles will assuredly hurt as often as they happen to be excited. That the Properties of each Sort of Matter are inseparable from it, is a standing and unalterable Law of Nature; and wherever any Sort is present, its Properties continually attend it. So that while there is Matter, vitious and unnatural, in the Body, 'tis sure to annoy, or to indanger it, 'till cast out.*

Dr. WOODWARD'S State of Physick.

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Various Cases and Symptoms

OF THE

GOUT

As described by

DR. STEPHEN WILLIAMS

CHEYNE, &c.

From which is particularly deduced its

Origin and Method of CURE

BY GEORGE W. WILSON

The following is a list of the cases and symptoms of the Gout, as described by Dr. Stephen Williams, &c. The cases are arranged in alphabetical order, and the symptoms are given in full. The list is intended to be a guide to the physician, and to the patient, in the treatment of this disease.

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TO HIS  
MOST SACRED MAJESTY

King *G E O R G E II.*

S I R,

**A**S the *Power* and *Dignity* of a PRINCE are in the nearest Resemblance and Extent to the DIVINE. So the *Virtues* He possesses exceed those of lesser *Characters* in Proportion to the *Universality* of  
A 2                      their



# DEDICATION.

their *Influence* and *Respect*:  
For the Relation between a  
good PRINCE and his *Peo-*  
*ple* is so general, that no Sub-  
ject can be said to want a FA-  
THER or GUARDIAN,  
but each has the Honour to  
share the ROYAL *Regard*.  
'Tis upon the Assurance of  
this *common Benevolence* and  
*Care* which Your MAJESTY  
has for Your *People*, that I  
presume to Inscribe to Your  
MAJESTY's most *August*  
NAME, not so much the  
following ESSAY (which I  
know to be very undeserving  
of that HONOUR) as the  
PUBLICK INTENTION and Use  
of



# DEDICATION.

of it. The chief End I propose to my self from its Success, which my own Experience warrants to me, is to have done a *Pleasure* to my KING, and a *Service* to my *Fellow-Subjects*.

I Am,

*With an Entire Duty and Affection,*

YOUR MAJESTY'S

*Most Faithful, and Obedient*

*Subject and Servant,*

GILBERT NELSON.





# PREFACE.



*I* was not my Intention to have gone through all the Forms of Introduction to so small a Piece, of which likewise I claim so small a Part; but that I owe an Acknowledgment to the Memory of the late Mr. ALEXANDER GEEKIE, whose Abilities were well known; That Gentleman having done me the Honour of approving, and indeed correcting my Sheets, was desirous to know, and thought it not amiss for me to lay down, the Method I pursued in my Inquiries after the Nature and Cure of the Gout; which, though I have not the Opportunity of subjecting to his View, as I intended, I shall, however, in  
(Pursu-



*Pursuance of his Direction, give in brief to the Publick.*

HAVING considered the Properties of the Gout from the Histories we have of it, I was led to the Knowledge of the general Causes both remote and immediate; and finding in the last Stadium of it a Cretaceous Substance cast upon the Ligaments of the Joints, which, by every Circumstance, denotes it self to be the same Matter extravasated, which, while circulating intra Vasa, and endeavouring to pass through narrow and stiff Vessels, produces the genuine Phænomena of the Gout: I therefore procured some of it, and subjected it to various Experiments, in order to discover the true Nature and Properties of the Matter composing it: Of which very different Conjectures have been made: The Result of my Experiments informed me, that the general Opinion has been confined too strictly to a single Quality; and that those who proceed, and apply upon such Supposition, will  
ever



*ever be disappointed in their Aim at a Cure.*

*MY next Step was to calculate a Medicine suitable to the Purposes of Cure, from its direct Opposition to the Properties I had discovered to be in the Matter. And after Proof of many, I had the Success to find that there is a true Specifick for the Gout, which acts by the Means I have hereafter described. As to the Certainty whereof, I have the strongest Evidence imaginable, even Experience and Demonstration.*

TAVISTOCK COURT,  
COVENT-GARDEN,  
July 19, 1727.







T H E  
Nature, Cause and Symptoms  
O F T H E  
G O U T, &c.



THE Mind of Man is of a most active and inquisitive Nature, impatient of doubt, but capable of any Labour and Fatigue in the Pursuit of its End. To this restless Spirit of Enquiry we owe all the Arts and Sciences which contribute to preserve, adorn or accommodate Life. 'Twas this same Principle that bid me dare, even in the Dawn of Life and of Knowledge, to attack a Disease which has baffled the curious and painful Searches of so many, and has so long triumph'd in the Name of

*Introduction.*



an *Opprobrium Medicinæ*. I was unwilling to think it incurable, nor wou'd I have any Disease thought so, least the Age should grow supine and indolent, and because we have the Pleasure to see many, which were formerly so called, subject to the Power of Medicine. Now that the *Gout* may likewise be made a Tributary to us, I shall endeavour to prove both from Reasonings and Facts, stating by the way and (I think) answering all the material Objections to its *Cure*, which occur to me.

The Reader may observe in the Course of these Papers, that I have kept close to Nature in explaining every Appearance that offers: How well I have succeeded, I submit to the publick Judgment: Advertising only, that the reciprocal Dependances of each Part of the following Treatise, and the Conciseness of the whole, require some Attention; which given, it  
will



will appear that the *Curative Part* is established upon a very certain *Foundation*.

I am well aware of what Dr. WOODWARD has observed, “ That  
 “ when in Physick, or any other Science, with great Study, and perhaps  
 “ the utmost Difficulty, an important  
 “ Truth is brought to Light, it meets  
 “ ordinarily with but faint Reception ; ” and therefore I have no  
 great Reason to expect that the World will be more than usually kind to this;  
 But be it as it may; the Power of Censure, (since it is so common) shall  
 not prevail over the Conviction of my own Mind, nor a publick *Good* yield  
 to a private *Fear*.

The Discovery of the *Circulation* of the *Blood*, the most useful that ever was, brought at first the great and ever-memorable Name of HARVEY into Suspicion, and there were enough



ready to turn that into Ridicule and Infamy, which has been the Foundation of an immortal Glory. Dr. CHEYNE, in his Essay concerning the Improvements of the *Theory of Medicine*, says, “ All that was done towards its Advancement was only pickering, or rather storming its Outworks; the Fort was safe and entire ’till the Noble HARVEY gave it a fatal Shock in the Discovery of the Circulation of the Blood; a Discovery so wonderful, useful, and happy, that all Ages will admire and bless its Author; a Discovery so conformable to the Rules of Mechanism and the Laws of Motion, and so fitted to that Geometry the wise Director of Nature uses in all his wonderful Works; in a Word, a Discovery which has let in more Light into the Theory of Medicine, than almost all the former join’d together.” And yet (which is surprizing) a *Discovery* which cost much *Pains* and *Time* before



fore the *World* could be persuaded to relish it.

I have chosen to gather the *History*, &c. of this *Disease* from those who have professedly treated of it, and among them, from those of the greatest Credit, rather than play the Author too much my self, by laying down any new *Postulata*, which might be liable to Exception; so that the following *Treatise* is to be consider'd only as a *Deduction* from the most certain and best approved Elements of Physick, and a *Demonstration* of Cure, which does, and naturally must, follow from the *Nature*, *Principles*, and *Accidents* of the *Gout*.

The Persons afflicted with the Gout, are generally such as have lived to the Declension of their Years, (not but that some of Twenty Five have had it to a high Degree) in great *Tenderness* and *Delicacy*, who have far'd sumptuously, and drank plenti-

The Persons who are liable to the Gout.



plentifully of Spirituous and Vinous Liquors: Or such as have indulged themselves in Inactivity, abating of those due Exercises which were requisite to maintain a proper Warmth in the Blood, and a sufficient Force and Firmness in the Fibres, whereby the Constitution is clogg'd with Particles that ought to have been secreted, and thrown out by some of the natural E-munctories: Furthermore, Arthriticks are of a strong Constitution, and out of the Fit, have great Appetites, and are most generally Costive, whereby both more is taken in than can be well digested, and of that which is not well digested, a greater Quantity is carried into the Blood, and most remote Stages of Circulation. And most commonly they are of a moist, lax, and gross Habit of Body. SYDENHAM.





## R E M A R K.

The Dr. is here speaking of an *Acquir'd Gout*; the *Immediate Cause* of which (according to Dr. CHEYNE) is the Abundance of Tartarous, Urinous, or other Salts, introduced into the Blood by the *Food*.

*The Immediate Cause of an acquir'd Gout, an Abundance of Salts receiv'd into the Habit, and not sufficiently broken by the Digestive Powers.*

These *Salts* (continues he) receiv'd in abundance, but neither sufficiently broken by the *Digestive Powers*, nor driven out of the Habit by due Exercise, but by their Plenty and Nearness, uniting in greater Clusters, must necessarily form Obstructions, and give Pain, when by the Force of the Circulation, they are thrust thro' narrower and stiffer small Vessels.

Since the *gouty Particles* are afforded and introduced into the Blood by our Food, it can be thought no Digression in this Place, to point out in general



Nutriti-  
on how  
perform-  
ed.

general, how NUTRITION is perform'd. The Food received into the Stomach, is there reduced into a milky Substance, (called CHYLE) the finer Part of which being separated by the *Lacteals*, \* and sent by a large Duct into the Axillary Vein, returning into the left Ventricle of the Heart, is thence derived into the Lungs: They send it into the Right Ventricle, and from thence it is squeez'd thro' the Arteries over the whole System of the Solids. The shorter and smaller Branches thereof serving to recruit and repair the Coats of the Vessels and Organs nearer the Heart, while the longer terminate in *Glands* †: Some of which emit a shorter Duct, either for the *Nutrition* of the Parts,

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\* The *Lacteals* are Vessels whose Mouths are in the Guts, appointed for the Admission and Conveyance of whatever passes out of the Stomach into the Blood.

† A Gland is nothing but a great many Complications and Circumvolutions of the Artery which after these Windings degenerate into a Vein.



or for separating the Recrements that are to be thrown out of the Habit, (by way of the *Urine, Perspiration, Sweat, &c.*) viz: ALL such Matter as may have pass'd thro' the *Lacteals* with the rest into the *Blood-Vessels*, and is wrong or improper, or else such as is redundant, superfluous, and more than is needed there. While other *Branches* terminate in yet much longer and smaller Ducts, and run along with the Fibres (Fleshy, Nervous, Membranous or Bony) that make up the *Solids* of the Body; and there leave proper *Nourishment* to recruit the Expences or Decays of Life (which is chiefly done in Time of Sleep. *Vide Pag. infr.*) and to repair the natural, or accidental Injuries they may suffer.

But in order to give an adequate Idea of all this, it will not be amiss to take a more particular Survey of the whole Course of *Circulation*, and remark the several *Outlets* Nature has

C provided



provided for *Particles* not suited to any Purposes in the *Animal Oeconomy*.

*The three Scenes of Digestion which the Aliment passes, and the Outlets Nature has provided for such Particles of it which are useless to the Animal Oeconomy.*

First then, The Offices of the *Stomach* and *Intestines (Guts)* are to comminute and digest the Materials for Nourishment, into a Smallness sufficient to admit them thro' the *Lacteals* into the *Blood*, and what cannot be thus prepar'd, is detached quite out of the Body by *Stool*. The more vigorous therefore the digestive Faculty is, in the *Stomach* and *Guts*, the greater Quantity of *Chyle* is sent forward into the *Blood*, and the weaker it is, the more is supplied to the Matter of *Excrement*; and of Consequence the Strongest and most Robust Constitutions discharge least by this Evacuation, and the tenderest and weakest, the most.

Secondly, The next *Scene* is the Mixture of the *Chyle* with the *Blood* in the *Heart* and *Arteries*, and what cannot

not



not by them be broken small enough for further *Secretions*, is strain'd off by the *Kidnies*, and ejected by the *Urine*. And here again holds good the same general Rule, that the stronger this Faculty is in the *Heart* and *Arteries*, the more is sent forward into the minuter Passages, and the weaker it is, the greater Quantities are let fall thro' the *Urinary Outlets*. And as was before said of the *Intestines*, this Faculty is most vigorous in strong Constitutions, and most languid in weak ones; of consequence therefore strong People make less Urine than weak ones, and send forward a greater Quantity of Juices into more remote *Scenes of Preparation*. But herein, it is to be observ'd, that the Faults of the first Excretion from *Costiveness* are very naturally amended by this, because the too gross Particles, which by that means are drove into the Blood, find their *Outlet* at the *Kidnies*: For, as has been observ'd by the *Learned Dr.*



WOODWARD “ There are cer-  
 “ tainly requisite for the Formation  
 “ and Nourishment of the various  
 “ Organs and Parts of each, *Corpuscles*,  
 “ not only of various Kinds, but dif-  
 “ ferent Sizes, ’tis needful that the  
 “ *Lacteal Vessels* be capacious enough  
 “ to give passage to the largest: And  
 “ these Vessels not admitting Matter  
 “ electively, but all indifferently that  
 “ exceeds not the Diameter of these  
 “ Vessels, some must needs enter that  
 “ is improper: And that would be  
 “ injurious to the Body, were not this  
 “ Provision made for the casting it  
 “ forth again.

Thirdly, The Third and last Stage  
 of Circulation, is in the Fibres of  
 which the *Solids* of the whole Body  
 are form’d. For all that come into  
 the Blood, is either washed off by  
 Urine, or taken up by some of the  
*Bowels* and *Glands*, as the *Gall* in the  
*Liver*, *Pancreatick Juice* by the *Pancreas*,  
 Semen



*Semen* by the *Testicles*, and *Lymph* by its proper Strainers; all which are destin'd for further Uses in the *Oeconomy*; or else is diffus'd into the most minute *Meanders*, and fills the *Solids* with their due *Moistures* and *Nourishments*. In this last Circuit the *Tonick*, *Elastick Force* of the *Fibres*, is the main Agent; and the whole Mass of *Humours*, beyond the *Arteries* and *Blood*, is kept in a sufficient Motion by the repeated Action of the *Fibres*, either from their natural Springs, or the Influence of Exercise, to digest it further into most minute *Particles*, 'till it is past all Purposes of the *Oeconomy*, and makes its escape thro' the *Skin* by *Insensible Transpiration*; for no other Excretion has the Recrements of this last *Digestion*. And here again is every thing carried on in Proportion to this *Elastick Force* of the *Fibres*, and the Motions which they are assisted with by *Animal Action*; and the Quantities which transpire thro' the *Skin* in insensible Steam are increas'd



creas'd and diminish'd as this Force is retarded or exerted. What therefore cannot get thro' this Way, and is not added to the true Substance of the Part as *Nourishment*, must be either reabsorbed, or taken back by the refluent Blood, and thrown off by the open-  
*er Outlets*, or it will clog the Habit according to the Properties of the Matter so detained, with *Viscid* or *Rigid* Particles, such as compose the *Matter* of the *Gout*. Through these Three different Stages of *Action* and *Preparation*, all that is taken into the Body passes, before it is again discharged out of it, unless it be what runs off by the first and second *E-munctories*.

This premised, I go on to consider the *History* of this *Disease* from the *Accurate* Dr. SYDENHAM, who himself laboured under it, upward of Thirty Years.



## HISTORY.

I. *When the Gout proceeds regularly, The Time it attacks the Patient about the end of <sup>and Man-</sup>ner of the January, or the beginning of February, <sup>regular</sup>Gout's and returns again about Autumn, when it <sup>coming</sup>comes on suddenly, without giving much other Notice, than by Cramps, and a Numb'dness of the Thighs, a few Days before the Fit.*

## REMARK.

The Gout more commonly happens in the *Winter*, than in the *warmer Seasons*, because by the cold damp Weather, there are more hindrances to the Perspiration of this Matter, than at other Times.

## HISTORY.

II. *The Fit begins commonly two or three Hours after the Patient has been in <sup>A Fit of</sup>Bed, when he is waked with the Pain, <sup>the Gout</sup>which he feels at the Ball of the great <sup>usually</sup>Toe, <sup>comes on</sup>  
<sup>in Time</sup>  
<sup>of Sleep,</sup>  
<sup>the gnaw-</sup>*



*ing Pains  
gradually  
increas-  
ing till a-  
bout Mid-  
night.*

Toe, the Heel, the Calf of the Leg, or the Ankle; presently shivering and shaking follow, with a Feverish Disposition; the Pain is at first moderate, but increases by Degrees (as the shivering goes off) till about Mid-Night it comes to the Height, at which Time it so rages among the Bones of the Foot, and the Ligaments, that the Patient seems to be gnawn with Dogs, perceiving at the same Time a Weight on those Parts.

## R E M A R K.

Why the Gout begins after having been some Time asleep is, because the Peccant Matter is joyned with those Juices whose Progressive Motion is most forwarded at that Time: For in the Words of Dr. WOODWARD;  
 “ In Sleep, the Pylorus (the lower  
 “ Orifice of the Stomach) being near  
 “ closed, the Communication betwixt  
 “ the Stomach and Blood by that  
 “ means in great measure intercepted,  
 and



“ and the Descent of both the Aliment  
 “ and the Biliose Juice, the Principle  
 “ and Instrument of Animal Action,  
 “ and of Sensation, being impeded for  
 “ the Time, much of the Action in the  
 “ Frame is, of Course, remitted and  
 “ suspended. Sensation is so likewise :  
 “ And the Organs come to a greater  
 “ Quiet, Ease, and Rest. The Action  
 “ of the Heart is slackened : And the  
 “ Blood consequently moves slower.  
 “ By this means the Organs and  
 “ Parts have better Opportunity of  
 “ seizing and detaching out of the  
 “ common Stock, such Corpuscles as  
 “ serve peculiarly for the Sustainment  
 “ and Nourishment of each ; this great  
 “ and important Work being car-  
 “ ried on chiefly in Sleep”. Hence the  
 Fluid which conduces to the Repa-  
 ration of the Parts, is separated chiefly  
 in *Sleep*. (The Body whilst waking  
 being in a continual State of Expence  
 or wearing out ; and the Time of  
*Sleep* is that in which it is repair’d and  
 D recruited.



recruited. For Action does necessarily by degrees impair the Springs and Organs.) Therefore at that *Time*, the gross Particles have leisure to attract each other more strongly, and to accumulate in Quantities upon the Parts most likely to lodge them.

The *Restriction* or *Weight* upon the Parts comes from the Rarefaction and Extension of the included Humors, and the Resistance of the including Parts, all which Symtoms continues till at length the Part stretches enough to hold the accumulated Matter without Uneasiness, when the *Fit* ceases, tho' the Tumor continues, at first red and angry, but as the Irritation abates within, grows paler, and receives any Impression made upon it.

## H I S T O R Y.

The Pain  
goes off  
in a  
breathing  
sweat, but  
returns in

III. ALL Endeavours to ease the Pain, are fruitless till a Night and Day are spent from the first Approach of the Fit, and then



then about two or three of the Clock in <sup>succeed-</sup>  
the Morning the Sick has sudden Ease, <sup>ing</sup> <sup>Nights,</sup>  
composes himself to Rest, falls into a <sup>seizing</sup>  
breathing Sweat, and for that Time the <sup>some-</sup> <sup>time one</sup>  
Fit ceases. <sup>Part,</sup> <sup>some-</sup> <sup>times a-</sup> <sup>nother.</sup>

If the Gouty Matter is copious, and does not wholly Settle, or Perspire, or if the Part does not give way enough by Swelling, the same Scene is acted over again the following Night, and perhaps two or three Days after, but will be over about the time of Cock-crowing; it seldom has above two or three Efforts at the same Place. In a few Days the other Foot will be in Pain, as the former was, and sometimes on the first Days of the Disease when the Peccant Matter is so exuberant, that one Foot is not able to contain it, it afflicts both together; after it has vexed the Feet, the Fits are irregular, both as to the Time of their coming on, and Duration; yet the Pain always returns in the Evening, and is not so great in the Morning.



## R E M A R K.

THIS must necessarily happen, until either the Part be sufficiently *distended*, or the *Matter* so far *digested* that what cannot *transpire* thro' the Skin, is taken back by the *refluent Blood*, and either washed off by *Urine*, or *deposited* in *Conjunction* with more of the *same Kind* upon some other Part; where the *same Symptoms* will be repeated, and so on till the *Gouty Matter* is *expelled* the Body.

## H I S T O R Y.

The Accesses and Remissions of the Fits are longer or shorter, as Circumstances differ.

IV. Of a Series of these Small Fits consists that which we call a Fit of the Gout, longer or shorter, according to the Age of the Patient, which in those that are Vigorous, or that have been but seldom visited with the Gout, comes to pass often in fourteen Days, and in those that have been afflicted with it, in



two Months ; *but in those who are more weakened, either by the long Continuance of the Disease, or by Age, it does not go off till Summer being advanced, drives it away.*

## R E M A R K.

THE Reason why the *Fits* enrage and remit once in *twenty four Hours*. The *Access* being at *Sun-set*, and the *Remission* about *Day-break*: Why the whole *Fit* lasts about *fourteen Days*: And lastly, why the *particular Accesses* and *Remissions* are in *equal Times*; is had from considering, that in the *first Stages* of the *Gout*, the *Fluids* being less *Sizy*, the *Salts* and *Sizyeness* are broken and dissolved by the *Action* of the *Solids* in the *Circulation*; and are thereby sooner brought into a Condition to be carried off by *Perspiration*; which makes an *Access* and *Remission*. The greater *Weight* and *Grossness* of the *Air* at *Sun-set*, beyond what it is at *Day-*



Day-break, together with the particular Degree of *Siziness*, seems to determine the *Times*. The greater Degree of *Sizyness* in the *Fluids* of *People* advanced in *Years*, and broken with the *Gout*, lengthens out the *Duration* of these *Accesses* and *Remissions*. And the precise Period of *fourteen Days* seems to arise from the *Special Nature* of the *Sizyness* of the *Fluids*, and its resemblance to that of a regular *Intermittent Fever*.

## HISTORY.

The Urine is high-coloured at the beginning of a Fit.

V. The first fourteen Days the Urine is of a high Colour, which puts off a red Sediment, and as it were full of small Sand, and the Patient is most commonly Costive, want of Appetite, Shaking of the whole Body towards Evening accompanies the whole Fit; an intolerable Itching of the Foot affected, follows the Fit that is going off, the Feet scale.



## R E M A R K.

AT the beginning the *Urine* is *high-coloured*, by its being over-charged with this *Tartarose Matter* \* which in its grossest Combinations exactly resembles the gritty Stuff the *Urine* often deposits: And therefore it discovers such a Settling after some Time by reason of the Quantities which the *Blood* brings back from the *afflicted Parts*, in *Corpuscles*, large and heavy enough to sink to the Bottom. The *Transpiration* of the thinner Part of this *Matter* thro' the *Skin*, in the *Breathings* at the close of every little *Fit*, †† *Pag. 19.* leaves the remainder more gross, and at length capable of *Expulsion* by no other Outlet than the *Kidnies*.

Dr. CHEYNE observes; That the Chalk-stones voided from the Joynts of Gouty Persons, and the Gravel-stones found in the Bladder of *Urine*, of such as were afflicted with this Distemper, *A Comparison between the Cretaceous Gouty Matter, and the* are



Gravel-  
Stones  
found in  
the Uri-  
nary  
Bladder.

are, as to all their Essential Qualities, the same. They have both the same Colour, Taste and Smell ; they yeild both the same Principles, and produce the same Appearance, when treated Chymically ; they have both the same Internal Texture of Parts, as far as can be known, and even the same outward Shape, when unbroken and unconfin'd by hard Substances ; and they generally happen to one and the same Person : At least it seldom comes to pass, that any one is much troubled with the *Gout*, but he has the Stone at last : (The Reason of which shall be given hereafter) and this shews that they are both owing to the same general Causes.

The *Feet Scale*, after the Declension, from the Parts having been swelled, because upon the Scarf-Skin's being stretched by the Conflicts of the Heterogeneous Salts, it has been in some measure loosened from the True-Skin so that a new Scarf-Skin must be formed.



## HISTORY.

VI. IN the Manner related does the re-<sup>Of an Ir-regular</sup>gular Gout shew it self with its genuine Gout, Phænomena ; but when it is disturbed by unfit Methods of Cure, or by the obstinate Continuance of the Disease, the Hands, Wrists, Arms, Knees and other Parts are possessed, sometimes distorting one or more of the Fingers, taking away the Motion by little and little, and at length it produces Stony Concretions about the Ligaments like Chalk.

WHICH Chalky Concretions are caused by the crowding in of so great Quantity of the Gouty Matter into the small, tender Vessels in the Extremities, by which they are prodigiously distended, from whence the Pain, Inflammation, &c. attending a Fit : But when these Vessels can suffer no further Extension, and the accumulated Gouty Particles cannot pass thro' them, nor are in Ca-

E

capacity



capacity to transpire, they burst and deposite their Contents upon the Ligaments of the Joints.

Sometimes the Matter causing the Disease, thrust upon the Arm, causes a white Swelling; which is by degrees inflamed with Redness, sometimes falling upon the Thighs, it feels as if there was a great Weight hanging upon them, yet without any considerable Pain, but passing to the Knee, it handles that more severely, so obstructing all Motions, that it is as it were nailed to the Bed: And whereas the Gout did not use to invade before the latter end of Winter, and was wont to go off after two or three Months, now it remains a whole Year, excepting only the very hot Months of Summer. The general Fits, and the particular Ones of which they are composed, rage longer, especially if it possesses the Feet and Knees. And at the coming on of the Fit, the Patient complains of Sicknes as well as Pain, with an entire loss of Appetite.

*Lastly,*



*Lastly, Before the Disease was grown to such an Height, the Patient did not only enjoy larger Intervals of the Fits, but also during that Intermission, he was well in his Limbs, and in the other Parts of the Body; but now his Limbs are contracted and cumbred. And now the Symptoms being augmented, the Urine that was high-coloured, is like that, both as to Colour and Quantity, (tho' not in Smell) which is voided in a Diabetes.*

*When the Symptoms are at the Height the Urine is Limpid.*

## R E M A R K.

THE Reason why the Urine is perfectly Limpid, (as in the Diabetes) when the Symptoms are at the Height, is, because the Salts, which should be secreted with the Urine, by their proper Strainers, tinging it with its Natural Colour, are left behind, and accumulated upon the Habit: But at the latter end of a Fit, the Urine becomes high-coloured from the Gouty Matter that is washed off the Tumify'd Part, by the



refluent Blood, and brought back to the *Kidnies* in its natural Circuit, and passes with the *Urine* into the *Bladder*.

## HISTORY.

The  
Symptoms  
which at-  
tend the  
last Sta-  
dium of  
this Dis-  
ease.

VII. After many and dreadful Torments the following Fits, as to Pain, are gentler, (Nature being partly oppressed by the Burden of the Gouty Matter, and partly by Old Age, that it is no more able to expel it to the Extremities) and instead of the wonted Pain, a certain Sickness, with a Pain of the Belly, spontaneous Weariness, and sometimes a Propension to a Looseness, supervene. These Symptoms ease the Pain in the Limbs when they are violent, and vanish when the Pains in the Joints return, and sometimes the Pain, and sometimes the Sickness afflicting alternately, prolong the Fit much: At length the Bowels of the Sick being so hurt by hatching and embracing the Peccant Matter, that the Organs of Secretion can no longer perform their Duty, upon  
which



which Account, the Blood stuffed with Dregs stagnates, and the Peccant Matter is not as heretofore cast upon the Extreame Parts of the Body: the most miserable Wretch is so happy as to Die: Tho' most frequently the Tragedy is compleated, by this Disease breeding the Stone in the Kidnies.

## R E M A R K.

THE Reason why the *Arthritick* and *Nephritick* Symptoms so frequently inter-change, is, because the Matter of them both are so near a Kin \* the same which concretes into Gravel and Stone in the Urinary Passages, by a greater Force of Digestion in stronger Constitutions, is carried into more remote Parts of the Body, where accumulating, forms the Gout; and being again washed from the Joints by the reflux Blood, and brought to the Kidnies, there forms the Gravel or Stone; so that an Invigorated Concoction changes the Gravel into

*Why the Gouty and Gravelly Symptoms so frequently inter-change. \* conf. p. 24.*



into the Gout, and a Fit of the Gout makes fresh Matter for Gravel.

## H I S T O R Y.

Young  
People not  
subject to  
a genuine  
Gout.

VIII. Women are seldom afflicted with the Gout, and those that are, not 'till they are Old, or of a Masculine Habit of Body, Except Thin Women, who have been long troubled with Histerick Diseases or Rheumatisms, such may be attacked with Symptoms like the Gout in their Youth. Boys also, and Youths are scarcely ever troubled with the true and genuine Gout, and if at any time they have any touches of it, it is usually of the Hereditary Kind.

## R E M A R K.

Of Here-  
ditary  
Gouts.

Dr. CHEYNE grounds his Reasonings on the Gout, upon two Propositions, the first of which regards Hereditary Gouts, viz.

P R O P O -



**PROPOSITION.** *The Reason why two Persons in all Circumstances alike, (as born of the same Parents, healthy, of the same Stature, Complexion, Diet, Air, Exercise: &c.) One should be afflicted with the Gout, the other be absolutely free from it, is, That the Capillary (smallest) Vessels of the Gouty Person must be in their Original and Natural Conformation narrower and more stiff than in those of the other, who is free from the Gout, in respect of their common Stature and Size. For thereby the Crude and Gross Humors, which are confined, or pass with Pain in the Gouty Person, will flee easily off by Perspiration, and the other drains off the Body in the Person free from the Gout.*

HE confirms this Proposition by observing, That the Gout seldom seizes upon People 'till towards the beginning of the Decline of Life \* when the \* *conf.* Solids have attained their utmost Dimensions, P. 5.



mentions, and being stretched out to their full Length become in some Measure *stifned* at their full *Stretch*: and the *Juices* are rendred *Gross* and *Glewy*, whereby the *Perspiration* is considerably lessened and impaired.

Women  
less sub-  
ject to the  
Gout than  
Men.

Hence Women are less subject to the Gout than Men, because of the known greater Laxity of their Fibres.

\* conf.  
p. 6.

WHY a strong Constitution is necessary to the Formation of the Gout \* is a Reason also why Women are seldom troubled with it, because they being of a laxer Make than Men, are thereby unable to carry the Peccant Matter so far into the Habit. Their way of Living also does not so much subject them to it, because they are not so Luxurious. Tho' those few who happen to be of a Masculine Constitution, or are addicted to Excess in Living, are as certainly subject to it, as Men, and sometimes are as severely handled by



by it. And to such as it visits when Young, it commonly proves most severe, which is a Sign that the Agents in the last Concoction are more particularly decay'd by Venery, Debauches, or Intense Study, while those employed in the first Scenes, are yet strong enough to throw all the Gouty Salts upon them.

IX. HAVING finished the History of the Gout from Dr. SYDENHAM; let us follow him in his Reflections thereon, (which we need not fear to do, because he was a great Enemy to Hypothetical Conjectures, and a most close Copyer of Nature.) He says, That the various Phenomena of this Disease are Originally produced by the Digestion weakened, \* because those afflicted with it, are such as are worn out, by Age, or by Intemperate Living, have strained their Constitutions, and impaired their due Stock of Animal Spirits, by the Immoderate Use of the Vigorous Functions, in their Youthful Days, by too

The Gout  
how Ori-  
ginally  
produced  
\* conf.  
P. 7.  
F  
early



early, or too much use of Venery; or by extravagant Exercise; to which may be added a sudden Cessation of the Bodily Exercises to which they have been accustomed, either by the coming on of Years, or Laziness, whereby the Constitution is become flaccid and clogged with Humors, which were discharged by the several Outlets, by the means of such Exercise: Moreover, Arthriticks are very greedy of Meats, and those harder to digest, of which when they Eat as much as they used to do, when they exercised themselves, 'tis no wonder they should stock the Habit, with great Quantities of indigested Humors: Immoderate Use of Spirituous and Vinous Liquors likewise, by destroying the Innate Heat and Natural Powers of the Viscera, add to the Load.

**MOST** of the Causes mentioned as promoting Indigestion, occasion likewise a Looseness of the Fibres and Muscles of the Body, by which means a Passage is opened,



opened, for the receiving of Crude and Indigested Humors: In these Circumstances many Particles, by not being put into sufficient Motion, contract an ill Disposition, and an Increase of Bulk, which, when they can be no longer governed by Nature, break out into a Species, and fall upon the Joynts, producing Pains in the Ligaments, and Membranes covering the Bones, which, being weakened either by Age, or Luxury and Intemperance, make room for them, and are not capable to break these United Particles small enough to pass off by Transpiration, and this Determination of the Gouty Matter upon the Joynts is sooner or later, oftener or seldomer, as the more remote Causes concurring to its Production, are intended or remitted.

## R E M A R K.

WHAT is here advanced concerning the Production of the Gout, by Dr. SYDENHAM, still regards that which is



*Acquired*: But an **HEREDITARY** **GOUT**, is induced by a *particular* *Natural Conformation of the Capillary* \* *Vessels of the Gouty Person.*

\* *conf.*  
p. 31.

*The Joints*  
*why the*  
*peculiar*  
*Seat of*  
*this Dis-*  
*ease.*

THE Reason why on the first Attacks of the *Gout*, the *Humors* or *Gouty Particles*, generally fall upon the *Joints* of the *Limbs*, is, because in the *Joints* the *Smallest Vessels* are more compassed by the larger *Heads* of the *Bones*; and are thereby rendred *narrower*, and more readily *obstructed*; These *Obstructions* fall on the *Limbs*, because of the greater *Length* of the *Small Vessels*, between the *Heart* (the Origin of the Motion of all the Fluids) and these *Joints* (their other Extremity) whereby the *Quickness* of the Circulation diminishing, *Obstructions* are more readily formed. In Confirmation of all which, be it considered, That by the *Smalness* of the *Glands* in the *Joints*, the *Natural Coldness* of those *Parts*, their *Distance* from the *Heart*, their *Compression* by the larger



larger *Extremities* of the *Bones*, the *Weakness* of the inward *Motion* of the *Parts* of the *Blood* upon one Another, and thereby their *Readiness* and *Disposition* to *Unite* and to beget *Obstructions* there, the *Joynts* must consequently become most liable to *Gouty Dispositions*.

HAVING considered the *Remote Cause* *The Gout defined.* of a *Gout* as arising from an *Effæteness* of the *Concoctions*, (which may be best understood by what has been said of the several *Scenes* our *Aliment* must necessarily pass, before the superfluous *Particles* are flung out of the *Body*, by the several *Emunctories* to the last *Scene* of *Things*, viz. *Insensible Transpiration*,) I proceed to define a *Fit* of the *Gout* to be a *Critical Effort* of *Nature* to part with such *Particles*, as in a *Tract* of *Time* have been collected, became gross and sensible, and have been retained in the *Body* by Reason of the *Inefficaciousness* of the *Digestive Powers*,



Powers, to *break* and *fit* them for *Expulsion*, at the several *Outlets* of the Body, particularly the *Perspirable* Ones; which, being flung upon the *Extream* Parts, produce grievous Pains.

## R E M A R K.

A *Fit* of the *Gout*, according to Dr. CHEYNE is an *Effort* of Nature to throw abundance of *Salts*, thro' more *stiff* and *narrow* Strainers. It is certain, That *Persons* of a large Appetite, (as *Gouty* Persons generally are) feeding plentifully of *Flesh* and *Fish*, and drinking liberally of generous *Wines*, or other *strong* Liquors; and using either *too little* or *too much* Exercise, \* must necessarily over-stock their Blood with *fixed* and *incorruptible* Parts of *Animal Bodies*, such as the *Salts* are; which can't fail first to raise a Tumult and *Fever*, and then to give violent Pain, as they are driven out of the *Habit*, thro' more *stiff* and *narrow* Vessels,

\* *conf.*  
p. 6.



Vessels, by the Force of Circulation. So that a *Fit* of the *Gout* may be considered, as a *Crisis* of a *Putrid Fever* wherein the noxious *Humor* is thrown upon some of the *Muscles* or *Joynts* of the Body.

It may be easily conceived why the last Stage of Digestion, or Concoction, will have the largest Supply of the Gross Particles, which compose the Gouty Matter, by considering from Statical Experiments, that where Perspiration is maintained freer; of our Aliment must take their Course thro' this last Concoction, consequently such a Proportion of Morbid Matter is more likely to be deposited in these last Scenes, than any other, especially as Arthriticks are generally Persons of a strong Constitution; \* for in Weak People, this Matter cou'd not be carried so far into the Habit, † but would be let out by Urine or Stool; but again, this Disease does not come on, till

*The Gouty Salts are chiefly detain'd in the Parts concern'd in the last Scenes of Digestion*

\* *conf. p. 6.*

† *p. 32.*



\* *conf.*  
p. 33.

'till the *Constitution* is *weakned*, \* be-  
cause before then, the *Digestive Powers*  
are able to *comminute* and *digest* these  
*Particles* into a *Fineness* sufficient for  
*Perspiration*, but as soon as such *Strength*  
abates, and any means hinder their  
*Perspiration*, there is then a *Foundation*  
laid for the *Gout*.

## R E M A R K.

*The Gouty  
Particles  
or Hu-  
mors too  
gross to  
reach the  
Nerves  
of their  
Juices.*

BECAUSE the *Nerves* and *Nervous  
Juice* are by some supposed to be im-  
mediately concerned in this Disease;  
I cannot omit observing with Dr.  
CHEYNE, that the *Gouty Particles* or  
*Humors* are by far too gross to reach  
the *Nerves* or their *Juices*, the *Pervi-  
ousness* of which is uncertain, and the  
*Fluidity* of their *Contents* much more

\* See Dr.  
Cheyne's  
Essay on  
the Gout,  
6th Edi-  
tion p. 91.

so. \* But if these Properties were de-  
monstrably true, (which neither *Ana-  
tomy*, nor any *Phænomena* of *Nature*  
countenance) yet their *Minuteness* must  
be such, as could not suffer so gross and  
*sensibl*



*sensible* an *Humor*, or *Bodies* to pass them ; And here I can't forbear to make this further Remark, that when mention is made of the *Gouty Salts* and *Gouty Humors*, it generally is in a very indistinct manner : But Dr. WOODWARD (in his *State of Physick*.) rightly assigns to each its different Principle and Property ; The Pain to the *Gouty Salts*, and the Swelling to *Phlegm*.

The *Gouty Particles* or *Salts* are *The Dif-*  
*gross Bodies*, whose *Formation* and *Ex-*  
*istence* I have already spoken to. And *the Dif-*  
 what the *Arthritick Humor* is, may be *ference*  
 known by considering that the *Chyle* is *between*  
 nothing else than the *Dissolution* and *the Gouty*  
*Uniform Mixture* of the *Oily* and *Aqueous*  
*Parts* of our *Aliment* incorporated to- *Salts and*  
 gether with the *Saline*, by the mention- *Humors,*  
 ed *Offices* of the *Stomach* and *Intestines* ; † *stated.*  
 the *Saline Parts* by their Assistance di-  
 viding the *Oily*, and lessening their Co-  
 hesions, makes them *miscible* ; the *Saline*  
 G being

† pag. 10.



being the *Instrumental Cause* of their Mixture; For tho' the *Oily* and the *Watery Parts* of our *Food* are averse to Mixture of themselves, yet both of them have a *Similitude* to, or *Congruity* with the *Saline*, by which means they are united: Thus, as *BELLINI* has it, the *Principles within Us*, are *Saline, Oleous, and Watery*. Of the *Chyle*, *Blood* is afterwards composed: Hence it is a *Liquor extracted* from our *Food*; and thus *Constituted* is a *Collection* of the *Salts* with which they are *seasoned*, of *Oil, Water* and *Earth*: This is found to be the *Analysis* of *Human Blood*, when *Chymically* examined. Furthermore let it be considered, that as this *New Liquor (Blood)* is, in its *Original Constitution*, only the *Jellies* of those *Animals* we feed upon, when the *Habit* is over-charged with the *Alimental Oyl*, or *Sulphur*, (which is likely to be the *Case* of *Arthriticks*, who are generally *Persons* of *large Appetites*, out of the *Fits, \**) and when (thro' *Intemperance*

or



or the coming on of *Old Age*) the *Tonick Motion* of the *Solids* is *impaired*, and all the *Animal Functions* grow *Languid*, it is no Wonder, that the *Vessels* should be incumbred with *Viscous* and *Tenacious Humors*, which cannot be *Assimilated* with the *Blood*. But so long as the *Salts* and *Sulphurs* of the *Aliments* swim in the *Blood*; and those *Salts* and *Sulphurs* are *separated* and kept in a kind of *Fusion* by the *Elastick Motion* of the *Solid Parts*, the *Liquids* have *Liberty* and *Room* enough to *Circulate* thro' the *Vessels*, all the *Functions* are performed with *Ease*, the *Body* is preserved in *Health*, and bids defiance to the *Gout*, and other *Chronick Distempers*. That our *Aliment* is in its *Nature*, *Viscous*, and apt, if it be not thoroughly *digested* and *acted* upon, to load the *Habit* with *Humors* of the same Sort, the strong *Broaths* or *Gravies* drawn from the *Parts* of *Animals*, do fully attest; which continue *Liquid* so long as they are *Warm*, and their *Parts* are kept at Di-

G 2

stance,



stance, and in *Agitation* by the *Particles* of *Fire*: yet grow *Thick* and *Gelatinous* as they grow *Cold*, and their *Particles* cease to be *Agitated* by the *Heat*. In like Manner the *Particles* of whatever Sort, extracted from the *Animals* and *Vegetables* we *Feed* upon, when thro' the *Failure* of *sufficient Force* in the *Digestive Powers* (which is the *Original Productive Cause* of the various *Phæ-*  
 \* Pag. 33. *nomena* attending the *Gout*. \* ) they are not kept in a *due Warmth* and *Motion*, they *congeal* and form that *Phlegm*, which is properly termed the *Gouty Humor*.

Of Evacu-  
 ations in  
 the Gout;  
 under the  
 several  
 Heads of  
 Bleeding,  
 Vomit-  
 ing, Purg-  
 ing, and  
 Sweat-  
 ing, with  
 their In-  
 conveni-  
 encies.

FROM the *History* and *Definition* given of this *Disease*, the *Cure* may seem to depend chiefly upon *Evacuations* procured by *Bleeding*, *Purging*, &c. For since it is a *Disease* arising from a *Redundancy*, and an *Accumulation* of *Particles* and *Humors* retained in the *Body*, which ought to have been continually *Excreted* as superfluous at the  
 Per-



*Perspirable Outlets* ; what offers more readily or more likely to free the Patient than *Evacuants* ? Yet all *Experience* shews them to be *pernicious*, whensoever used throughout the *Course* of the *Gout* ; The *Reason* of which will appear from what Dr. SYDENHAM has said of the Practice, first, of *Bleeding*, Secondly, *Vomiting* and *Purging*, and Thirdly, *Sweating*, in the *Gout*.

First, *Bleeding*, (he says) tho' it may <sup>Of Bleeding.</sup> appear to have the Double Advantages of *Evacuating* and *Attenuating* the *Humors* circulating about the *Body*, and yet not cast upon the *Joynts* ; as also those which have already besieged them, yet 'tis to be forborn, because it directly opposes the required Indication : viz. The *Strengthening* the *Instruments* of *Digestion*. *Letting* of *Blood* exhausts the *Support* of *Life* and *Strength*, and destroys the *Elasticity* of the *Fibres* of the *Solid Parts* which were before enervated, and thence gave leave for the *Accumulation* of the *Peccant*



Peccant Matter, being unable to co-  
minute and break it fine enough for  
Transpiration. \* Hence Phlebotomy

\* *conf.*  
*p. 40.*

is not to be used, either to prevent a  
coming Fit, nor to mitigate the Pain of  
a present one, (especially in Persons of  
advanced Years) neither after a Fit, lest  
a fresh One should be caused more lasting  
than the former, attended with more vio-  
lent Symptoms, the Strength and Vi-  
gour of the Blood and Solid Parts being  
diminished, by which the Gouty Matter  
should have been constantly expelled. Be-  
sides, in this weak State the bringing on a

*Bleeding*  
*when use-*  
*ful.*

**DROPSY** is hazarded; Yet if the Pati-  
ent is young, and has been overheated  
with hard Drinking, Blood may be taken  
away, at the beginning of a Fit; but if  
it be continually used in Future Fits,  
the Gout will be confirmed even in  
Youth.

*Of Vomit-*  
*ing and*  
*Purging.*

Secondly, Evacuations either by Vo-  
miting or Purging Medicines cannot  
be allowed in this Disease without manifest  
Harm,



*Harm, because they invite the Peccant Matter from the Extremities where it should be expelled, into the Blood and Inward Parts; where it may seize some of the Viscera, to the endangering the Life of the Patient; which has been the Case of many, who, to prevent or lessen the Fit, have accustomed themselves to take Purging Medicines. In the Fit, Purging disturbs Nature in her Method, of thrusting the Morbifick Matter upon the Joynts, and upon account of the Hurry thus occasioned, the Fit will be greatly increased. And at the End of the Fit, instead of removing the Relicks of the Disease, it brings on another Fit afresh, as bad as the former. It does so likewise if taken in Time of Health to prevent a Fit, for it no ways conducing to the Strengthening of Concoction (but contrariwise the weakning of it;) tho' it may draw off some Part of the Gouty Matter, yet it opposes only One Cause, and that it performs but perfunctorily, so that it is upon this Account wholly unable to*

*Cure*



*Cure their Disease ; and at the same Time the Tone of the Parts being thereby destroyed, the Peccant Matter moves without Resistance, and produces a New Fit.*

*Of Sweating.*

*Thirdly, Sweating offers it self in the next place, which, tho' not attended with the Mischief of the foregoing Evacuations, as the withdrawing the Fomes of the Disease into the Blood and Bowels, but, on the other Hand, drives it into the Habit of the Body, and disposes it for Expulsion, Yet it does Hurt for these Reasons ; First, when the Fit is off, it forces the Humors not prepar'd for Separation, upon the Limbs, bringing on the Fit both before its Time, and contrary to Nature's Consent, and the Peccant Matter being cast too violently upon the affected Members, it produces an intollerable Pain ; and if the Quantity of Matter is greater than can be contained in the affected Part, it forces it upon other Members. Wherefore it is very dangerous to cast out the Morbifick Matter too violently,*



violently, and beyond that degree of Concoction, whereunto the Humors to be evacuated have come of their own Accord. Thus the gentle Sweat which comes in the Morning of its own Accord, after the Fits, mitigates the Pain and Restlessness which troubled the Patient all the Night. \* Upon the whole, it <sup>\* conf.</sup> is not so much the Physician's as Na- <sup>pag. 19.</sup> ture's Business to force Sweat, in this Disease, because it cannot be known what Part of Matter is already prepared for Separation, and by consequence what Measures are to be taken for provoking it.

• Dr. CHEYNE proposes two Ways <sup>Methods</sup> of treating the Gout as the only Suc- <sup>proposed of</sup> cessful Means that can possibly be <sup>treating</sup> pitched upon. <sup>the Gout</sup> as the <sup>only suc-</sup> cessful <sup>ones.</sup>

THE One is by stretching and widening the Capacities of the smallest Vessels, and relaxing their Fibres.



THE Other is by lessening the Quantity of Salts introduced into the Fluids, by the Food.

To Answer, One Part of the first Intention; (*viz.* The widening the Capacities of the small Vessels) He recommends Exercise.

Of Exercise.

First. As it increases the Intestine Motion of the Parts of the Fluids among themselves; so their Salts, by striking one against another, are broken and made less, and may pass more readily thro' the small Vessels. Secondly, As it adds a New and Foreign Force to the Blood, and thereby promotes its Circulation from the Heart thro' the small Vessels, driving some of the grosser Parts of the Fluids thro' them, which in the ordinary Course of the Circulation would not pass so freely, and thereby opening their Obstructions, and enlarging their Capacities. Thirdly, As it encreases the natural Perspiration, the



the Action of the *Muscles* in *Labour* and *Exercise*, and the Spring of the *Solids* by their multiplied Efforts, squeezing their Contents. The Dr. adds two Cautions, in the use of Exercise. *First*, That it be not too violent, for that will necessarily, either spend the Spirits whereby the *Digestions*, and *Circulations* will be impaired, and so a *Regular Gout* be brought to an *Irregular One* : Or by shaking all the *Gouty Salts* at once upon the *Extremities* a *Regular Fit* will be forced out ; whereas in less violent *Exercise* they might have been spent by *Perspiration*. *Secondly*, That Moderation in *Eating*, and *Drinking* be joyned to *Exercise* ; for commonly *Gouty Persons* are large *Feeders* ; and *Exercise* emptying the *Stomach*, *Guts* and *small Vessels*, if the *Appetite* be satisfied to its Craving, the Evil is rather encreased than diminished thereby.

To Answer the *Second Intention* ; *Two ways*  
*viz.* The lessening the Quantity of Salts, <sup>*proposed*</sup>  
H 2
*of lessening the*
which



Quantity  
of Salts  
which  
produce  
the Gout.

which produce the *Gout*, the Dr. lays down two direct Methods. The *First* is, by a total *Abstinence* from, or a great *Abstemiousness* in *Flesh*, *Fish*, and *strong Liquors* which introduce those *Salts* into *Human Fluids*. But the *Inconveniencies* attending such a Course, are, *First*, Because an entire *Vegetable Diet* weakens all the *Digestive Powers*, and all the *Functions of Life*; impoverishes the whole *Mass of Fluids*, impairs the *Strength* and *dispirits* the Man. *Secondly*, Because this *Diet* once entered upon, is never after to be changed under the *Danger of sudden Death*, or the most violent enraging of all the *Symptoms*.

The other way of banishing the *Salts* out of the *Habit*, is by *Evacuations*, by *Exercise*, and gentle *Stomachick Purgers* in the *Intervals* of the *Fits*; and by a gentle and slow *Perspiration* in the *Fits*.

Secondary  
Means of  
relieving  
the Gout.

The *Secondary Methods* by which He proposes to relieve the *Gout*, are, *First*,  
Dilution



*Dilution* by proper Liquors, which will *thin* the *Blood*, *dissolve* and *break* the *Salts*, and keep them at a *distance* from running into *Clusters*, and will carry them out of the *Body* by increased *Perpiration* and *Urine*, &c.

*Secondly*, By *Medicines* that will *strengthen* the *Instruments* of *Digestion*.

HAVING given a particular *Idea* of this *Disease* in its several *Stages*, and considered it as *Regular* and *Irregular*, *Hereditary* and *Acquired*, by a *Collection* and an orderly *Disposition* of the *Sentiments* of such *Authors* to whose *Judgments* an *Universal* *Regard* is had, and hinted the *general* *Means* of *Relief*, or *Cure* hitherto afforded in it; I will proceed to enquire what the *Intentions* are, which must be *pursued* and *satisfyed* in order to obtain a *Perfect* *Cure* of the *Gout*, according to the *Principles* laid down, which I will here *Recapitulate*; and may be remembered to be as follows:

*First,*



*A Recapitulation*

*First*, That the *Chief Properties* of the *Gout* are ; To invade Persons in the *Decline of Life*, to succeed *High-Living* ; an *Extravagant Use of Violent Exercise* ; or an *Abatement* of that which was necessary to maintain a due *Warmth in the Blood*, and sufficient *Firmness of the Fibres* ; a too early, or an *Immoderate use of Venery*, &c. To affect Men of a *lax and moist Habit of Body* : And to have its *Periods* generally in *Spring and Autumn*.

*Secondly*, A *Fit* is preceded by *Cramps* and a *Numb'dness of the Thighs, Legs, &c.* by *Costiveness, &c.*

*Thirdly*, *WHEN Regular*, it seizes the *Internal Parts of the Food*, its *Periostium, Nerves, Membranes, Ligaments, and Tendons* about the *Joynts* : And when *Irregular*, it always falls upon the like *Membranous and Nervous Parts*.

*Fourthly*,



*Fourthly*, A *Fit* comes on after having been some time *asleep* with a *Tensive*, *Burning*, *Gnawing Pain*, which increases gradually 'till about *Midnight*; and then

*Fifthly*, The *Pain* goes off in a *Breathing Sweat*.

*Sixthly*, It scales the *Part*; or *bursting* the *Vessels* throws off a *chalky Matter* upon the *Ligaments* of the *Joynts*: whence,

*Seventhly*, The *immediate Cause* of the *Pain*, *Inflammation*, &c. in a *Fit* of the *Gout*, is owing to this very *Creaceous Matter* flung upon some *Nervous* and *Membranous Part*, and endeavouring to *pass thro'* their extremely *small* and *narrow Vessels*.

*Eighthly*, This *Cause* lurks in the *Body* in the *Absence* of a *Fit*.

*Ninthly*,



*Ninthly*, This Cause is deposited upon various Parts by the *Fluids* : For the *Solids* never change Places, and consequently the *Fluids* alone, in the *Absence* of a *Fit*, are the *Seat* or *Vehicle* of this Cause.

*Tenthly*, This Cause, upon various Occasions, is apt to be deposited in the *small Vessels* in the *Extremities*, where the *Circulation* is most languid, and the *Parts* are naturally pressed and contracted.

*Eleventhly*, As these *Vessels* are more *Stiff* and *Rigid*, and the *Gouty Matter* more *tenacious*, the *Disease* will be more *severe*.

*Twelfthly*, In a *Fit*, both the *Solids* and *Fluids* are concerned : But in the *Absence* of a *Fit*, the *Fluids* alone are concerned.



AND now to proceed to the *Cure* of this *Disease*, the present Enquiry ; FROM what has been said, it is seen how *hazardous* and *fruitless* is the endeavour to *Cure* the *Gout*, by *Evacuations* made by *Bleeding*, *Vomiting*, *Purging* and *Sweating*, however promising they seemed to be, and also how *pernicious* they are to People of a *Gouty Disposition* ; therefore we are yet to seek for a *Cure* ; the *Prosecution* of which must regard either the *Time* of a *Fit* : or, *The Intervals* of the *Fits*.

THE *Intentions* then to be satisfied in a *Fit*, are, *What the Curative Intentions are.*

*First*, To assist Nature in the procuring the *Gouty Salts* and *Humors* to be thrust to the *extream Parts*.

*Secondly*, To assist her likewise in the *Digesting* of the *Gouty Particles* thus obstructing the *Small Vessels* which compose the *Glands* in the *Joynts*, or  
I those



\* conf.  
p. 9.

those which serve to the *Nourishment* of the *Periostium*, *Nerves*, *Membranes*, *Ligaments* and *Tendons* about the *Joynts*. \* Whereby more of the *Gouty Salts* will be fitted for *Transpiration*, than would be by the *Efforts* of *Nature* unassisted, and the *Fit* consequently rendred *shorter* and more *effectual*; And,

*Thirdly*, WHEN the *Fit* is over (the Time afforded to attempt a *Perfect Cure* of this Disease) to *Resolve* the *Gouty Salts* which are in the *Blood* and have not yet been separated from it, as well as those which have been *re-turned* into the *Habit*, and which (otherwise in Time would *re-accumulate* and produce a *fresh Fit*,) to such a *Fineness* that they may be detached quite out of the *Body* by the *Perspirable* or other *Outlets*, and the *procuring* such *Discharge*.

To Answer the *first Intention*, viz. The *procuring* the *Gouty Salts* to be thrust  
to



to the Extream Parts. The natural Powers are often sufficient of themselves, but if need be, they may be assisted with a Cup or too extraordinary of some generous Wine, or by taking some Stomachick Medicines composed of Aromatick Bitters : But in the Use of these (or other) Means, great Care must be taken not to precipitate too hastily the Morbid Matter upon the Joints ; For from thence will follow the Inconveniencies already mentioned. \* The As-  
sistances  
and In-  
conveni-  
encies at-  
tending  
the Use of  
Medicines  
to promote  
a Fit.

\* conf.  
p. 48.

In the Management of a Fit the great Difficulty in fitting and preparing the Matter already infecting the Joints for Expulsion by Transpiration, is learnt from what has been said on the Head of Sweating : And the Reason of it is to be sought for from a Consideration of the Gouty Particles themselves ; which are such as at first were received with our Nourishment, † but by being a long time retained in the Body, (be- cause the natural Powers have not been

† Pag. 7.



able to break and fit them for Expulsion, with the Matter of *Insensible Transpiration*, † as being of no farther Use to the Animal Oeconomy) they form such *Combinations*, that at length they become so great an Annoyance to the Animal Functions, that Nature, to get rid of them, (at her own Time) separates and disposes them to be cast on the *Joynts* particularly, for Reasons already alledged \*. Things being thus, it is plainly hazardous to repel these Bodies, and fling them again into the Blood, by any means, while they are in this Condition; For in Consequence of the Conflicts between the annoying Bodies, and the offended Organs, wherein Nature has so far gained her Point, as to deposit them on the *Extremities*, they come so near each other, that the Sum of their *Attractions* is prodigiously increased, and consequently their *Bulks* are much greater than before; wherefore to effect a return of them then into the *Habit*,

† *conf.*  
p. 37.

\* *conf.*  
p. 36.



*Habit*, carries along with it an Idea of the Hurt they are capable of doing by seizing any of the *Noble Parts*, if Nature by a Second Effort cannot happily thrust them upon the *Extremities*.

It appears then, That something The Intention which alone can render the Gout Curable. more than either the *widening of the Capacities of the Vessels* and *Relaxing their Fibres*, or, a bare *Disunion of the Gouty Particles* † (thereby lessening of † *conf.* p. 49. their *Cohesions* and *Bulks*,) must be thought of in order to obtain a safe and certain Cure. And that is, the *Digesting* or *Resolving* those Particles *per minima* to the same degree of *Fineness* by Art, to which the Natural *Digestive Powers* should have constantly have broken them for *Expulsion*; \* \* pag. 44. If this can be brought about, what Doubt is there but that an Absolute Cure may be expected? And that it is Possible and Practicable shall be shewn: And here let us examine the Objections rais'd against the very *Attempting*



tempting to Cure the *Gout* ; and, The supposed *Impossibility* of ever effecting a Safe and Certain Cure . Which I hope to convert into so many Arguments for the *Possibility* of Curing it.

## O B J E C T I O N.

*An Ob-  
jection  
rais'd a-  
gainst at-  
tempting  
to Cure  
the Gout.*

I N the first Place then, it is object-  
ed that the *Gout* is so far from being a  
Disease which we should be solicitous  
to Cure, that in most Circumstances,  
it is the only Remedy the Constitution  
can have against much greater Evils :  
“ If ( says the Objector ) this Sandy,  
“ Gritty, Saline, (*Gouty*) Matter is in  
“ the Body, and a Person has not  
“ Strength enough to carry it farther  
“ than the Intestines, which cannot be  
“ but in extream Weakness, † and if it  
“ does not all Secrete off by Urine,  
“ which also cannot be but in very fee-  
“ ble Constitutions, \* there is then no  
“ riddance to be procured but by  
“ Transpiration, † and if that fails it  
“ will

† *conf.*  
*p. 10.*

\* *pag. 11.*

† *Pag. 13.*



“ will gather upon the Chief Organs,  
 “ so as to hinder their Offices; and  
 “ put a Stop even to Life, unless there  
 “ be Strength enough to throw it up-  
 “ on the Extreame Parts; in this Case  
 “ a Person must have the Gout, or  
 “ suffer much worse; and it is the  
 “ Duty and Business of Medicine to  
 “ forward and procure this Salutary  
 “ Tormenter, rather than to prevent  
 “ or cure it. The Distemper it self  
 “ is a critical Solution of much worse  
 “ Distempers, and ought to be as  
 “ much encouraged as the direct  
 “ Means of Cure, in any Case what-  
 “ soever; when therefore it is Form-  
 “ ing, or already Formed, to pretend  
 “ a Cure, is betraying a great deal  
 “ of Ignorance, or a great deal of a  
 “ much worse Quality. ” QUINCY.

*The OBJECTION considered.*

THIS Objection of Dr. QUINCY's,  
 I allow to be valid in every Part; but  
 then



then it is only levelled against that Cure which I have censured above, that has for its Aim alone the mentioned *Alteration* of the *Vessels*, or otherwise the *separating* the *Gouty Particles* one from another. For in the first Case their *Bulks* continuing the same, and in the last their *Cohesions* being but a little *lessened* and returned into the *Habit*, by which means, tho' the *Fit* will be for that Time over, yet they necessarily will come about again, and produce *fresh Fits*: or if some *Noble Part* should be seized, and Nature not have sufficient Strength to form *fresh Fits*, much worse consequences would follow: " For (as the Dr. says) if  
 " this Sandy, Gritty, Saline Matter be  
 " in the Body, and if no Riddance be  
 " procured for it, it will not fail to  
 " gather upon the chief Organs so as  
 " to hinder their Office, and put a Stop  
 " even to Life it self, unless there is  
 " Strength enough to throw it upon  
 " the more *Ignoble Parts*." But the  
 Means



Means I would propose (and which are to be used in the Absence of a Fit while the *Gouty* Matter is lurking in the *Fluids* as its proper Vehicle; the *Solids* at such Time being unaffected therewith) regard not the Vessels, but the Matter contained in them by a *Specifick Resolution* of the *Component Particles*, rendring them invisibly small and consequently passable (in such State) thro' any of the *Natural Outlets*; and at the same Time procuring their Discharge: So that considering the *Gout* (with Dr. QUINCY) as a *Critical Solution* of much worse Distempers, which we must not prevent, but contrariwise, procure †; yet when † *conf.* formed, we may surely procure the *p. 63.* Discharge of the *Gouty* Matter out of the Body, by all possible and safe Means. Or if we consider it (with Dr. CHEYNE) as a *Crisis* of a *Putrid Fever*, wherein the noxious *Humor* is thrown upon some of the *Muscles* \* \* *pag. 392* which is most dangerous to repel; yet



the Matter already infesting the *Muscles* (in that Case) may, nay must be let out, by Knife or otherwise, and this is constantly practised as often as the Case happens. Upon the whole, what is here urged, against an Attempt to Cure the *Gout*, is so far from being an Objection, that it shews the value of this, here recommended; as it effects a real *Solution* of that Disease, which hath for its Cause the *Recrement* of many worse Distempers, and procures its Discharge entirely out of the Body, by which it can never give any future Annoyance to the *Organs*, any more than the Matter of an *Abscess* that follows a *Putrid Fever* when it is let out, as above.

## OBJECTION II.

*A second  
Objection,  
to shew  
the utter  
Impossi-  
bility of  
ever ef-  
fecting a*

ANOTHER Objection is rais'd (by Dr. CHEYNE) to shew the absolute Impossibility of a *Certain* and *Universal* Remedy for the *Gout*, and to discover the Vanity of the Pretenders to such  
an



an One. “ For unless (says the D<sup>R</sup>) *certain*  
 “ a Remedy could be found, which *Cure of*  
 “ at once could change and new- *the Gout.*  
 “ mould the Solid Parts of Human  
 “ Bodies, alter the Nature and Quali-  
 “ ties of Animal and Vegetable Bo-  
 “ dies; and destroy Parts that are in  
 “ their own Nature fixed and perma-  
 “ nent; ’tis impossible it should be  
 “ certain and Universal: And how  
 “ possible such a Remedy is, I leave  
 “ every one to judge. ”

*The Second OBJECTION considered.*

THIS *Objection* seems of great Im-  
 portance, and at first View may be  
 thought sufficiently to expose the Vani-  
 ty of the Pretenders to a certain Re-  
 medy for the *Gout*; nay, by these re-  
 quisites it appears that they might as  
 well pretend to create or annihilate  
 with their Remedy, as *Cure the Gout*;  
 For it must be what will at “ Once  
 “ change and new-mould the Solid Parts  
 K 2 “ of



“ of *Human Bodies*. And (also) *destroy*  
 “ *Parts that are in their own Nature*  
 “ *fixed and permanent.*” But this *Ob-*  
*jection* allowed its full Force, will be  
 found not to be One, or so much as  
 intended to be One, against the Means  
 I am recommending, but, on the con-  
 trary, justifies them; the *proposed Means* of  
*Cure* being *certain* and *Universal* even upon  
 the DOCTOR’s own Terms: In order  
 to prove which, let us enquire into  
 what is here meant by “ *changing* and  
 “ *new-moulding* the *Solids* of *Human*  
 “ *Bodies* :” And this is had from what  
 Dr. CHEYNE says of the particular  
 Natural *Conformation* of the *Capillary*  
*Vessels* of a *Gouty* Person, and of the  
 manner of Relief in it; viz. “ That  
 “ the smallest Vessels in them, must  
 “ be narrower and stiffer than in those  
 “ that are free from the *Gout* ” \* :  
 And “ That one of the Direct Ways  
 “ to treat the *Gout*, with any Prospect  
 “ of Success, is by stretching and wi-  
 “ dening the Capacities of the small  
 “ Vessels

\* *conf.*  
 p. 31.



“ Vessels and relaxing their Fibres †. ” † *pag.* 49.

From hence is seen what the required *Change* of the *Solids* is, namely, That the *Fibres* of the *Canals* be *stretch- ed* and *relaxed*, and so rendred *wider*, that the *Gouty* Particles may freely pass thro' them. Let us next see in what Sort the proposed Method of *Re- solution* answers to the Usefulness of these Intentions, and this it does, not in satisfying the Words of this requisite, but is entirely well suited to the same principal Design of giving Passage to the *Gouty Salts*, viz. By *digesting* or *lessening* infinitely the *Bulks* of the *Gouty Particles*; which will produce the same Facility in their Passage, as if the *Canal* was made *wider*; For if the *Obstructing Bodies* are *reduced* to a Size Inferior to the *Diameters* of the obstructed *Vessels*, it will be the same thing as if the *Vessels* themselves had their *Capacities enlarged*. Then, for the other part of the *Objection* which is founded on the *Permanency* and *fixed Nature*



*Nature* of the *Principles* of *Bodies*, I beg Leave to observe, that however *fixed* and *permanent* the *Original Corpuscles* which constitute these *Gouty Bodies* may be ; yet I beleive it will hardly be affirmed that there are any *Vessels* in the *Body* so small, but that the *Particles* which pass them may still be capable of almost infinite *Sub-Divisions*. And a notable Proof that they may, is afforded even in these *Bodies* we are now speaking of, which tho' now so *gross*, thro' the Weakness of the more *remote Tonick Powers*, as to be incapable of passing the smaller *Vessels* without exquisite *Pain*, yet are the very same which at *first*, by means of the *common* and *natural digestive Powers*, might have been, or perhaps were divided to a Smallness imperceptible, and fitted even for *Insensible Transpiration* †. So that it is not necessary to attempt to penetrate the *primary Atoms* or *constituent Parts* of *Matter*, but only to disunite and digest any *Combination* of such (which

† *conf. p.*  
13. & 40.



(which shall happen to burthen Nature in any Part of the Circulation) to a Size fit for *Transpiration*, which is the most refined Discharge we know, and which Nature her self points out to us, in the gentle *Sweats* which she indulges the Patient in, towards the End of a *Fit* †: To which it is evident, this particular *Sort of Matter* is not at all *re-*<sup>+ conf. p. 19.</sup>  
*luctant*, since it is no other than what might, and ought to have been so reduced by the Energy of the *natural Powers* \*; consequently it is highly<sup>\* pag. 10. & 40.</sup> reasonable to think it not Impossible to be *Resolved* to the same degree of *Subtilty* by other Means. Which *Intention* I have had the Pleasure to see fully answered by *Experiments* made before *Persons of Judgment and Figure*.

These Means (I think) have much the advantage of those which intend the *widening of the Vessels*; For tho' by that Means a Passage may be procured for the *Gouty Bodies* at that Time, yet  
there



there seems to be no Provision made against a *future Fit*, because either the *Fibres* of the Vessels will recover their *Tone*, and be therefore liable to be *obstructed* by a return of the same *Bodies*, or if they do not recover it, the Consequence must be a perpetual *Debility* upon the Part. But in the Way proposed, these *Particles* are reduced to a Size proper for *immediate Discharge*; which procured, the *Organs* are thereby rescued from what annoyed and incumbred them, regaining free Liberty to act and perform each their proper Part and Office, without Imbarrafs or Impediment; the *Gouty Salts* being thus wholly *Extirpated* the Body: And that upon *Principles* of the greatest *Conformity to Nature*, and most generally received, and are what alone can effect the proposed *End*, either in the Case of an *Hereditary* or an *Acquired Gout*. Who therefore that thoroughly considers the *Reasonings* advanced (none of which were calculated to

*deceive*



deceive, but are truly consonant to the *Nature of Things*) can suffer themselves to be deterred from the use of Means of Cure, which carry along with them so great Evidence of being *certain and Universal*? But (as is somewhere observed) such is the Foible of Mankind; that *Fears* well wrought upon, can do more, even against Mens own *Interest*, than *Demonstration*, or the highest *Probability*, can do for it, when *Art* is out of the *Question*: I shall only add, that as this *Method of Cure* is prosecuted in the *Intervals* of the Distemper, as well as from the *Nature of the Operation* already described, there can be no Suspicion had either of *repelling* or *translating* the *Gouty Matter*: For as Dr. CHEYNE observes, in the *Intervals of Fits*, a *Person* is, as to all Intentions of *Medicines*, the same as a well *Person*.

To conclude, suffer me to set the *Doctrine* of this *Theory*, in such a Light  
L by



by *Analogy*, that the *Efficacy*, and *Certainty* of the *Cure*, may be clearly seen.

I have shewn that the *Gout* is a Disease produced by the *Accumulation* of *Particles* and *Humors* retained in the Body, which ought to have been continually *Excreted* as useless to the *Animal Oeconomy*\*, and that would in process of Time, if no *Riddance* could be procured for them, gather upon the chief *Organs* so as to hinder their *Offices*, and put a Stop even to *Life* it self†: What the *Gouty* Particles are, and how they came into the *Blood*, have likewise been plainly and naturally deduced.

\* *conf.*  
*pag.* 44.

† *Pag.*  
63.

*An Illus-*  
*tration of*  
*the Doc-*  
*trine of*  
*the Gout.*

FIRST then, let us suppose a *Conical* and *Distractile Tube* (such are the *Arteries* in *Animal Bodies*,) whose *Diameter* at its *Basis* is equal to one *Inch*, and that from this *Tube* proceed many lateral *Branches*, and that these *Branches* are *Sub-divided* into such *Number*, and their *Lengths* such, that the *Diameters* of their



their *Extream Orifices* be  $\frac{1}{1000}$  Part less than the *Orifice* of the *Tube* at its *Base*: As it is certain that the *Vessels* which make the *Glands*, may have any *Proportion* of *Minority* to the whole of the *Canals*.

Secondly, That this *Tube* contains a *Fluid* (for Instance *WATER*) the *Particles* of which may pass freely thro' the most *minute Orifice* of the *Tube*, and so in a *Circulatory Manner*, from the narrowest (i. e. The *Extremities* of the most divided *Branch*) to the widest Part of this *Pipe*, reciprocally: Thus a *Circulation* of the *Fluid* would be maintained without *Obstruction*, 'till by any *Means* some of the *Aqueous Particles* should cohere, by which their *Bulks* would be so increased, as to become *Disproportionate* to the *Diameters* of the least *Orifices* of the *lateral Branches* †; and <sup>+ conf.</sup> since we have instanced in *Water* (that <sup>p. 8.</sup> the Idea may be natural) let us give this *Cohesion* of *Particles* the Term of

L 2

Ice ;



*Ice*; (only allowing e. g. That the *Congelation* may be produced by a *Defect* in the *Circulation*, arising from a diminished *Pressure* of the Sides of the *Tube* upon the *Fluid* \*, instead of what is the genuine *Cause* of it) this (*Ice*) would manifestly interrupt the free *Circulation* of the *Water*, thro' the last *Division* or utmost *Length* of the *Tube*, so long as the *Cohesion* of these *Particles* remains: And to suppose farther, that the *Bulks* of these *Particles* be subject to an *increase*, by the *Accumulation* of fresh ones †, their *Passage* would be rendered still more impracticable, and the *Obstruction* would then be in the more considerable *Vessels*.

\* *conf.*  
p. 78.

† *pag.* 20.

Now it must be allowed that so long as the *Bulks* exceed the *Capacity* of any Part of the *Tube*, so long the *Machine* may be said to be *disordered*; to rectify which, either the *accumulated Particles* must be reduced to their *pristine Fluidity* \*; or else to a *Size inferior*

\* *Pag.* 61  
& 65.



*ferior* to the *Diameters* of the *least Orifice* in order to render them *Passable* †; Or, † *Pag.* 50. & 64. lastly, the *Vessels* themselves must (as Dr. CHEYNE observes) be considerably *dilated* \*; For it is impossible any *Means* \* *Pag.* 49. to be of *Use*, but what must either *act* upon the *Vessels* themselves, or upon the *Matter* contained in them.

To effect the *First Method* of *Reduction*, (since it is only *Ice* that causes the *Disorder*) we may readily fall upon an *Expedient*; 'tis but applying *Heat*, and the *Business* is done: But, for *Argument's* sake, we suppose *Fire* to be out of the way, its *Property* of *Resolving* such *Bodies* never to have been heard of, and then the next *Method*, *viz.* That of *Reducing* the *combined Particles* to a *Size inferior* to the *Orifices* of the *least Vessels* must be thought of, and tho' that should be *accomplished*, yet the *liableness* to *future Annoyance* may be easily recollected † unless † *Pag.* 72. the *Reduction* of these *Bodies* be of the *first Kind*: For,

By



By the Second Supposition, a Circulatory Motion of the Fluid is proposed; to maintain which, the containing Tube must be endued with a Contractile and Distractile Property † and being of a conical Figure (by Supposition first) its Diameter continually lessening, a greater Action is impressed on the Springy Sides of the Vessels, by the included Fluid: Which by Reaction being returned on the Fluid, it is thereby promoted on its Forward Motion: In the same manner is the Circulation of the Blood performed in the Arteries: Thus by the Alternate Exertion of these Powers the Liquor will be propelled from the largest to the least Vessels, and this will be reciprocal so long as the Resistance of the included Bodies does not over-balance the Contractile Force of the including Vessel, i. e. While the Fluid continues in every Circumstance unaltered: But a Change being induced by any Part running into Cohesions, it will consequently require a more than ordinary

† Pag. 11.



nary Contraction of the Sides of the Vessel where the Obstruction happens (*viz.* in the narrower Vessels) to squeeze it forward; but this effected, and the Cohereing Bodies forced into more Capacious Vessels (analogous to the Veins in Human Bodies †) all Disturbance to the Cir. † See p. 3. culation from thence, will vanish, till those Bodies, in Conjunction with more, are brought about another Time, to Vessels too narrow for their Passage; when a fresh demand is made of their peculiar Exertion before the Difficulty can be surmounted, and this frequently repeated, must necessarily strain and weaken the Vessels to such degree, that they will lose all Elasticity \*; and then \* conf. those Particles which before were kept<sup>p. 33.</sup> at distance, will unite, and form themselves into parcels large enough to annoy the Functions of the Tube, up to its very Base.

THE Case is plainly the same between the Gouty Salts and the including Vessels,



*Vessels*, and the Means to *rectify* or *Cure* the Disorder arising thence, are the same, as were required to free the *Pipe* from the *combined Particles of Ice*.

THE *Second Intention*, namely, the *Reducing* merely the *Particles* to a *Size* inferior to the *Capacity* of the containing *Vessels*; or the *enlarging* their *Capacities*, in the *Cure* of this *Disease*, is all that has been *hitherto* proposed or effected; but till such *Time* that the *first* Method of *Reduction* or *Resolution* can be practised, the *Gout* will continue to have its frequent *Returns* and *Increase*.

THIS Kind of *Reduction* is what my own *Experience* has manifested to me with the same degree of *Certainty*, as that of the *Icy Particles* by the means of *Heat*. The *Gouty Salts* are thereby in *Condition* to pass *freely* and *entirely* out of the *Body*, at any the most minute *Natural Outlets*, and the *Patient* absolutely freed from any present or future



future *Annoyance* to the *Animal Functions* from these Bodies: Which is to Cure in the strictest and most extensive Sense of the Word.

## COROLLARIES.

I. From this *Theory* it is certain, that <sup>Corollaries from the whole.</sup> the Means which are sufficient to *re-* solve and *discharge* the returned Gouty Particles after a Fit, must, if used by Persons who are of a Gouty Disposition, be a true *Preservative* against it.

II. These very Means also must be efficacious in preventing the *Generation* and *Increase* of the Stone and Gravel.

III. Hence may be discovered, that whatever *Method* or *Medicine* has been, or may be proposed for the Cure of the Gout which has not the *Resolution* and *Discharge* of the Gouty Matter for its Operation, arrogates the Name most undeservedly.



I make no Question but some will be so kind as to suggest the *common Reason* for my concealing this **NO-STRUM**, that is, because it would not bear the *Proof*; but I assure them, *That* if my Fortunes would justify me in a Contempt of the Profit it may yield, it should not remain long in a single Hand; it should be as *Universally known*, as it is *wanted*. But as the Case is, I must endeavour to make the Advantage atone for the *Censure*, and must leave the *Incredulous* to the Persuasion of the next *Fit*.

I forgot to observe, in a more proper Place; That notwithstanding Dr. **CHEYNE** has raised the most considerable *Objections* to a Cure \*; yet he admits that where the *noxious Humors* are confined to the *Fluids*, as in *Acquired Gouts* (which, as I have shewn, is the Case in the *Intervals* of all *Fits* †,) a proper Diet, due Exercise, and a few well-chosen Remedies, may go a great way, if not

\* *Vid. p. supra 67*

† *conf. p. 56.*



not to a perfect Cure, yet to make Life easy under them, \* which does not amount to a peremptory denial of the Possibility of ever effecting a perfect Cure ; but is rather to be construed a Con-  
*\* See Dr. Cheyne's Essay 6th Edition pag. 15*

cession that its Cure may be effected while the *Fluids only* are concerned, if proper Remedies were used.

Dr. SYDENHAM concludes his Treatise of the *Gout*, with these *Prophetick Words* : “ The Method which I here deliver is built upon a strict Examination of the foresaid *Phænomena*, and by following it, I have eased the Disease in my self, and others ; but a perfect Cure yet lies hid, and I know not when, or by whom it will be brought to Light ; tho’, by my long Course of thinking, I am induced to believe, that such a Remedy will be found out ; and if it happen to be, it will expose the Ignorance of the Dog-



“ much they are deceived in the  
 “ Knowledge of the Effences of Dis-  
 “ eases and in the Medicines they use  
 “ for them.—But in the mean while,  
 “ ’till a perfect Cure of the *Gout* is  
 “ found out, which all Physicians  
 “ ought to desire, especially I, let this  
 “ Treatise be kindly received as it is ”.

*Conclu-  
 sion.*

THUS this *great Man* has declared  
 his Opinion of the Possibility of a Cure,  
 and has given a good hint to the *Opi-*  
*nionative* not to be too peremptory in  
 opposing any Endeavours this way ; I  
 hope therefore a fair Reading and *Ex-*  
*amination* will be given these *Papers* ; and  
 I doubt not but as the *Principles* upon  
 which they are founded are *Universally*  
 received, so the *Deductions* will be found  
 to be natural. This at least I am sure  
 of, that whatever *Defect* there may be  
 in the Method of my Reasoning, it will  
 answer in *Practice*, because it has been  
 confirmed to me by a Multitude of  
*Experi-*



Experiments, which I have made in the  
Course of a Twelve-Month's Retirement  
for that Purpose.

Tollere Nodosam jam scit Medicina Po-  
dagram.

---

E R R A T A.

- Pag. 24. lin. 24. read *from*.  
38. Margent for 6 read 34.  
48. l. 1. for *their* read *the*.  
54. l. 18. for *Food* read *Foot*.  
58. l. 15. Put the Parenthesis before (*and which*  
78. l. 4. read *Contractile*.

THE





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