

A comprehensive rationale of the causes of chronic diseases. : Wherein a natural, easy, and safe method of preventing, as well as curing, those diseases, is pointed out. / By John Morland, M.D.

Contributors

Morland, John, M.D.

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A
 COMPREHENSIVE
 RATIONALE
 OF
 THE CAUSES
 OF
 CHRONIC DISEASES.

WHEREIN

NATURAL, EASY, AND SAFE METHOD OF
 PREVENTING, AS WELL AS CURING,
 THOSE DISEASES, IS POINTED OUT.

BY JOHN MORLAND, M. D.

videat si quis vult; plus tamen semper apud me
 valebit *vera ratio*, quam vulgi opinio.

CICERO.

L O N D O N,

Printed for S. HOOPER, No. 25, Ludgate-Hill.

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TO prevent the unfavourable impressions which *Gentlemen*, of the profession, might otherwise be induced to entertain of him, in consequence of his mode of publication; the author thinks it proper to declare, with his hand on his heart---That the DIVINE ART of HEALING hath not, *cannot* have

have, a more disinterestedly zealous advocate than he is, nor one that more truly honour every worthy professor of it who knows his *Art*, but not his *Trade*.

FARTHER---That the most valuable part of his life has been employed in painful, laborious (he might add, very expensive) researches, and experiments with a sole view to the improvement of that art: whereby many individuals have been enriched; some indeed very unworthily---who are at this time
 accu-

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accumulating thousands annually, by converting to private emolument his discoveries, originally intended for public good.

To conclude---The most benevolent, the most public spirited member of the faculty of physic, cannot more pathetically bewail than he does, the present alarming growth of *licentious quackery*; that consequential minister in the train of modern *riot*, and *intemperance*--which he cannot help looking upon, with heart-felt concern, as the *ominous antitype* of *that luxury*, which first betrayed

vi ADVERTISEMENT.

betrayed the people of ancient Rome to the murderous havoc of empiricism, and finally effected the ruin and destruction of that once glorious republic.

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COMPREHENSIVE
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THE CAUSES
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ALL arts, whether *plastic, mathematical, mechanical, or physical*, are but the hand-maids and imitators of nature. Most successful is the practitioner who can happily trace her path, and can copy nearest to the divine original: who, knowing her ways, is able to lend a hand when she is obstructed; or can render her propitious by gentle and well timed invitations. In the healing art particularly, it was observed two thousand years ago by *Hippocrates*, the great father of medical science, that, NATURE is the sovereign curer of diseases,
and

and that *physicians are, or ought to be, her bumble imitators and servants* *. By unceasing attendance on the sick, invincible patience, and the most vigilant observation of every action and motion of NATURE, that illustrious *Archiater* acquired a wonderful (I had almost said, intuitive) knowledge of the genuine nature † of diseases, and of the gradual, uniform, and measured operations of that exquisite mechanism, and innate, energetic principle of self-preservation, with which the CREATOR of *Man* hath been pleased to endow our bodies. He first discovered in what manner the symptoms in acute diseases ὄξείας, when not interrupted by art, or by any external cause ἀποτυχία τῆς ἐνεργείας succeeded one another, and by what *evacu- ations*, NATURE, when left to herself, got rid of those diseases: and on this solid basis of *observation*, he originally erected that noblest production of human genius and sagacity, (*monumentum ære perennius*)

* Ἰσπανοὶ ὄντες.

† ἐυσία.

the art of presaging; and formed from thence a most artificial method of practice—the method of curing *natural diseases*, by means of such *artificial ones* as NATURE, when too languid and remiss herself, never failed to point out or reveal to this her faithful minister. He had frequently observed, in the practice of his divine mistress, that a spontaneous hæmorrhage of blood from the nose always mitigated, and oftentimes carried off, certain kinds of fevers, and other violent disorders. This suggested to him the practice of *artificial hæmorrhages* by *bleeding, scarification, &c.* which he likewise used, on certain occasions, *prophylactically*, or by way of prevention: For *experience* had taught this consummate artist, that those means which were wont to assuage bad symptoms after they appeared, would prevent their coming on, if used in proper time. He had likewise observed that NATURE frequently cured certain diseases by spontaneous abscesses in different

parts of the body. When he found NATURE prevented from working her own way, by such salutary operations, he substituted in their room *artificial* abscesses, such as *issues, setons, &c.*

IT became farther obvious to him, that some violent disorders were carried off by a spontaneous diarrhœa, or vomiting; others by plentiful warm sweats, or a gentle moisture of the skin; others again by a critical discharge of urine, and some by expectoration, &c. Hence his practice of exciting *artificial* diarrhœas by *purging medicines; vomits; sudorifics; diaphoretics; diuretics; expectorants, &c.*

THAT a medicine, which, consonant to this rational and truly physical doctrine of *Hippocrates*, would constantly operate with equal safety, ease, and efficacy, in all, even the most opposite constitutions, and uniformly answer every intention of an *universal evacuant*, by attenuating, dissolving, and carrying off, the viscid concretions,

cretions, and foulnesses, of the stomach and intestines; thereby cleansing and detaching those concoctive organs, and restoring them to their pristine natural action; *or*, by a milder gradual operation, in proper doses, removing obstructions in the remoter vessels, and carrying off any morbid or excrementitious humours, by insensible perspiration, sweat, and urine.—That such a medicine is one important *desideratum* in physic, the learned and judicious professors of the faculty, who have sacrificed at the shrine of NATURE, will readily acknowledge—That the subject of this discourse is such a medicine, the author dares, with undefining confidence, assert; after a thousand successful trials made of it, by himself, and his medical acquaintances in different countries: Under the sanction of which impartial experience, he can now safely recommend it to the public, as an *universal purgative*,—not as an *universal medicine*,—nor even as a *specific one*,

that, 'by its peculiar operation on the animal fluids, can transform any morbid matter, or preternatural ferment, into good blood and humours.'—He knows none such: Nor can he, on this occasion, forbear expressing a real and honest concern, that the *πλαστηρὸν ἔργον*—by *specific remedies*, is not yet *wholly* confined to the mountebank professions of *empirics*; to whom promises cost nothing but the health and lives of those who trust them. That the opinion* of the *specific operations*, or, which is the same thing, the occult qualities, of medicines, in the cure of diseases, continues to be a prevailing principle in physic, the publications of the current century, and shop records, mutually evince: Though 'tis evident, that, agreeably to this doctrine, and method of procedure, it will be impossible ever to fix any bounds to the *materia medica*, (and consequently to the still growing, tho' already insupportable expence

* ὁμοίωσις

pence of physic) or to reduce the *praxis medica* to any rational general principles; whilst the whole vegetable, animal, and mineral kingdoms are ransacked and tortured, in order to find out those occult qualities and specific operations.—Hence, such is the felicity of the present times, and so wonderfully is the world now enriched with specifics, simple and compound, (under the conjuring titles of alexipharmics, cardiacs, cephalics, neurotics, stomachics, &c. antifebrifics, antihysterics, antiepileptics, antiicterics, antiscorbutics, &c.) that there is not a family in the kingdom which can spare a few shillings, but may purchase a *dispensatory*, containing several hundreds of those choice appropriated remedies, for the cure of all diseases.—Nor is it of less utility to the junior part of the faculty, or sucking practitioners, as the learned Doctor *Gideon Harvey* quaintly titles them: Since, by this means, they are accommodated with an elegant set of

extem-

extempereaneous prescriptions, and a competent number of those most approved specifics, recommended by the authority and experience of the greatest names, are always kept ready prepared in the shops, such as may answer all cases *κατὰ συνδρομὴν*, to avoid the needless trouble of making a right judgment * upon any case in particular.

WITH regard to this *specific practice*, (the constant political subterfuge of *physic-craft*) it is well known to every judicious experienced physician, that the artful pretence of curing diseases by the occult qualities of specific remedies, is now, as it always has been, the principal source of all the knavery, impudence, and ignorance, that we meet with in the profession.

ANY practitioner in this way, who is possessed of a tolerable share of cunning and address, (however illiterate, or ignorant in other respects) can never want a specious pretext for making a property of

* *προεξουκρίτησις.*

his

his patient, almost as long as he pleases, by flattering his hopes from time to time; tho' the patient finds himself never the better, but perhaps still grows worse: If one specific succeed not, another is tried, and, if that fails, a third, and so on; as long as the poor infatuated believing sufferer has any money, strength, or patience left.

SUFFICE it here, to quote one instance, out of a multitude that might be produced, of this *medicina politica*; and be that the *specific* treatment of those *chronical* disorders commonly distinguished by the technical epithets of *arthritic*, *rheumatic*, *scorbutic*, *hysteric*, and *hypocondriac*. Several hundred volumes (without counting those petit essays * that are daily spewing out of the press) have been professedly written † on the causes, &c. of these maladies: Though their whole ætiology may be comprised in a few words.—Ease, indolence, intemperance,

* Βιβλαρίδια.

† κατὰ λογοδιάρροϊαν.

rance, indulged pleasure, irregular gratifications of the natural appetites, and the want of open free air, and habitual exercise, are the genuine original causes of these disorders amongst us; and, in short, of all our national constitutional complaints—of our growing weakneſſes, increaſing ſcurvies, multiplying rheumatifms, univerſal wandering gout, and the moſt obſtinate chronic and hereditary diſeaſes fixing and radicating themſelves ſtill more and more in our natural habits and conſtitutions.—Hence it is, that the natural evacuations become obſtructed and diminished; the ſecreted humours are thickened, and rendered viſcous, adhesive and clammy; the ſolids, eſpecially the nervous ſyſtem, weakened and relaxed; the fluids neceſſarily contract ill qualities; and an acrid, ſaline, corroſive ſerum is produced: This ſerum, wherever it is thrown, or happens to be depoſited, lacerates or erodes and ulcerates the ſolids, and occaſions *, all the ſymp-

* *per διάſποſιν,*

toms of a true and genuine *land scurvy*. And this name of scurvy it commonly receives, and is distinguished by, as often as it proves effluent*, in pimples, blotches, scurf, livid spots, and other such eruptions on the skin: But when it happens to prove influent †, and is thrown upon the stomach, bowels, lungs, liver, spleen, mesentery, kidneys, bladder, womb, or any internal part, it sometimes passes under the more polite appellation of nervous or spasmodic complaints; but chiefly under the technical names of febricula, colic, cachexy, dysentery, dropsy, asthma, atrophy, jaundice, diabetes, dysury, gonorrhæa, fluor albus, or white flux: A complaint, *this last*, the most disagreeable of all others to the natural delicacy of the sex, and, on account of its increasing prevalency, the most alarming in a national light; as being the greatest, however generally unheeded, enemy to conception, and, in its consequences, more fatal to population than the sword

* ἔξω. † εἰςω.

itself.—From the same serose or scorbutic cacochymy, in like manner originate, in different constitutions, the cancer; gout; sciatica; rheumatism; palsy, &c.

‘ Now, the orthodox medical processes, and formulæ, of our specific practitioners, in those, commonly denominated, arthritic, scorbutic, hysteric, and hypocondriac disorders, consist chiefly of hot vegetable aromatics, bitters, and astringents, infused in strong wines or spirits; the volatile oils and spirits of vegetables and animals; spirituous solutions of the fetid and oily gums, and vegetable resins; tinctures and infusions of castor, contrayerva, cochineal, saffron, snake-root, valerian, and the like; chalybeates, opiates, and various sorts of pharmaceutic drams heated and raised still higher with the volatile oils, spirits, and salts.—But, if this original morbid constitution, as already observed, should consist in the tenacity and viscosity of the blood and animal fluids, occasioning a diminu-
tion

tion of the secretions, and a consequent distention and relaxation of the nervous system; 'tis evident, that the foregoing heating, rarefying method, by aggravating all the symptoms, must strengthen the morbid habit, and confirm the disease still more and more.—And thus it is, in fact, that patients under these complaints are, by our specificians, kept on from year to year, living and dying by turns; being strictly interdicted the use of all strong malt liquors, wine, and common drams; at the same time that they are continually loaded with prescriptions of liquid *πυρίκαυσα* out of the shops.'

BUT, passing unnoticed, for brevity sake, the intermediate acts of this politico-medical drama, proceed we directly to the catastrophe.

'WHEN the constitutions of the patients are, in this manner, nearly exhausted, and life worn out to its bare threads; our specific practitioners immediately put them

under the regulations of diet, riding, change of air, bathing, and water-drinking, at Bath, Bristol, Buxton, or some other distant mineral spring; where they may die decently, with a favourable salvo to the doctors' reputation, as having then used the *last* remedies—which, in all medical propriety, ought to have been the *first*.*

Now, it is in chief as a friendly co-operating auxiliary to *these* truly appropriate remedies *, (the *dernier ressort* of our specifiers) that the author of the *Universal Purgative*, cordially, conscientiously, recommends the *occasional* use of it, to every native of Britain labouring under any of the abovementioned national chronical maladies. Not but that this medicine will always be found, when properly administered, a more salutary assistant to the same remedies, in the *prevention*, than in the *cure*, of those maladies: Forasmuch as NATURE is ever in some degree weakened, by

* Συμπαδεία πάντα.

by the invasion of an enemy ; even though she alone, or judiciously assisted, may have expelled him out of her dominions.

THE immediate or first efficient cause (the præincipient causes * have been already given) of all our *arthritic, rheumatic, scorbutic, hysteric, and hypocondriac* complaints; and, in short, of the whole gloomy catalogue of *nervous disorders*, seems to be, an *acrid serous humour*, produced as above described, and lodged either in the glands, minute vessels or vascular coats, or interstices of the vessels, of the stomach; occasioning, by its irritation, a preternatural laxity and debility of the fibres of the alimentary canal; a vitiated secretion in the glands of the stomach, and a consequent depraved state of the gastric juices; a læsion (with the naturally consequent spasmodic affections) of the nerves of that coöctive organ; an imperfect digestion; a generation of phlegm; an irregular and less

* προκατάρχοντα αίτια.

less vigorous and uniform motion of the blood in the vena portæ, and, of consequence, an inert, viscid, peccant bile, which, in its natural healthy state, is the most highly animalized of all the juices, and the most conducive towards promoting all the secretions and excretions of the human body, particularly those of the alimentary tube—The principal seat of hysterical and hypocondriac affections.

THAT this rationale is just, the really learned and indefatigable inquirers into the human pathology will allow; and consequently, that the true curative intention will consist wholly, *at first*, in *correcting, attenuating, resolving, and expelling*, this acrid humour, by some of the *natural evacuations* *.

IN this first capital intention, the medicine here recommended, properly dosed, and properly administered (for on this depends the success of every appropriate remedy)

* εἰς χωρία ἑυμφέροντα.

medy) has been found, in a long and extensive experience, to produce very salutary effects, even in persons of the most opposite natural habits and constitutions.

NOR will these ascribed effects appear exaggerated to the judicious and experienced practitioner, when he is informed, that this medicine is composed of near a dozen of the most powerful known deobstruents, besides two mineral preparations of the author's own discovery, which two alone, united ἀπαρτίως, have been found to perform, in fact, what that indefatigable physician the late Doctor *Huxham* peculiarly ascribes to his favourite *Tincture*, in the following words—"It passeth through and scours even the very smallest tubuli of the whole human frame, and is besides sufficiently powerful to give a strong irritation to the great alimentary canal, and therefore more surely to affect the small analiculi of the body; and yet, from the exceeding tenuity of its minute particles, by no means lacerates the vessels."

IN a similar manner *, this medicine operates, in properly adapted doses; removing obstructions in the remoter vessels, and promoting the secretions in general, particularly those of urine and perspiration.

FOR the universal *promptitude, ease, and efficacy* †, of its operation, as a *purgative*, even in the most *delicate and irritable* habits, the author has the concurrent testimony of many judicious practitioners, some of them physicians of eminence; not only in England, but in Holland, Germany and Switzerland: And, *in this intention* the like uniform operation has been found to attend its use, in different, and even in opposite climates; without any of those injurious colliquative effects so generally ascribed by physicians to the preparation of aloes, and particularly to that long popular one originally known by the name of *Frankfurt Pills*, first invented and described by *Hartman Beyer*; of which several spur-

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* *per ἐπίκρασιν.* † *εὐπορία. εὐφορία. ἢ ξυμφορία.*

ous sorts have been since vended, in different countries, under various names—*Pilulæ Angelicæ*, *Aloes Rosata*, *Pilulæ Tartaræ*, *Grana Angelica*, &c.—At Rome, notwithstanding the observation of that most judicious Roman physician *Giorgio Baglivi*, in his *Praxis Medica*; where, treating of the cure of diseases in that city, he says—“No sort of remedies afford so much benefit to the inhabitants of Rome, as exercise, and a prudent repetition of gentle purgatives—but purgatives, given in the form of pills, have no successful or plentiful operation,”) it has been found, by the experience of several travellers, the author’s friends, to operate with all desirable efficacy: And, on the like authentic evidence, in a much greater variety of instances, he can safely warrant, *in the same intention*, effects equally salutary, from its use, in both Indies.

IN occasional, or habitual costiveness, it will be found an effectual remedy, free

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from the inconveniences ascribed to *aloetic* and *rhabarbarine*, and *saline* preparations, in that intention; as it neither produces sickness nor gripes, and leaves no astringency in the bowels.

BUT, in no one intention will this medicine prove so *universally* salutary and beneficial, as in that of a frequent *family* purge, on the so justly celebrated *prophylactic* plan of that happy explorer of Nature Lord Verulam—to cleanse the stomach and bowels from those slimy vitiated humours which are so frequently collected in them, constituting the source and fomes of various diseases, as well chronic as acute, to which people of every rank are liable; but the delicate, the polite, the studious, and the sedentary, more particularly so: It being past all doubt with the author, that thousands even of valuable lives are yearly cut off, by prematurity of death, which an exact practical observance of *this plan* (including, in its full extent, *exercise**, *temperance*, and *simplicity of diet*).

* ἄκνησις ὑγιής, ἀσκήσις πόνων, ἀχορὴ τροφῆς. Hippoc.

might have happily conducted, with tranquillized passions *, to the placid εὐθανασία of old age—when death becomes ultimately a necessity and no pain, the blessing and not the evil of Nature.

NOTWITHSTANDING the here recited, and other valuable properties of this medicine; the author has not the ridiculous presumption to offer it to the public as a *Specific Remedy* in any particular disease.—In the abovementioned chronical disorders, he is warranted, by the indisputable sanction of experience, to recommend it as an efficacious assistant to those peculiarly appropriated remedies—*An early well masticated crust or biscuit; a regulated diet; riding; friction †; change of air; seasonable bathing; medicinal*

* ἀσφάλματα laborum innocuæ vitæ.

† This remedy was in the highest esteem with the ancients, for the preservation of health, and the cure of CHRONICAL DISEASES. *Hippocrates* makes a right knowledge of it's use and efficacy one essential requisite in a physician.—“A
physician

medicinal water-drinking; and, *summer voyages at sea*: By which last alone, under a proper dietetic regimen, and the occasional use of these pills, he has known inveterate chronic diseases cured, which had baffled all the powers of medicine.

NOR is it irrational to suppose, from the known antiscorbutic properties of this composition, that it might prove a salutary prophylactic, or preventive of the *marine scurvy*, in sea-faring people:—The pro-

physician (says he—*de articulis*) ought to be skilled in many things—and particularly in the nature of friction;” which he thus explains—“Strong friction braces, soft or gentle friction loosens, (h. e. resolves those parts that are constricted or obstructed) much friction diminishes, and moderate friction increases the flesh.”—“The part you would nourish must be moved: For motion excites heat, and attracts nourishment to the part.—*Aretæus* too, the most skilful and judicious of his followers, (our own immortal *Sydenham*, *Hippocrati Secundus pene par*, excepted) insists largely on the use and efficacy of this remedy, in his admirable *History of Chronic Diseases*.

priety

priety of this supposition is, in fact, confirmed by attested successful experiments made of it, by two very able sea-surgeons.—But, on this head, the author can say nothing from his own experience—*his* sole criterion of the *real* powers of medicine: And by this criterion, he honestly confesses, he has found several elaborate preparations of his own, (for he too was formerly an indefatigable labourer in the curious ἐργασήριον of medicine, searching after a succedaneum to the tree of life) as well as the most pompously authenticated *specifics*, that have been exhibited to the public, for thirty years past, deplorably wanting, and inadequate, not only to the particular ends proposed, but to the genuine ultimate end of physic in general—ὠφελέειν καὶ μὴ βλάπτειν; not excepting even *those* of the learned *Vienna - Austrian* school—to which the distinguishing palm—the supreme eclat of *working wonders*, in *regular*

gular practice, has, by the united suffrage of the faculty in Europe, been deservedly given of late years.

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