

A treatise on the gout: containing the opinions of the most celebrated ancient and modern physicians on that diseases; and observations on the Eau médicinale [d'Husson] / [John Ring].

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ANCIENT AND MODERN PHYSICIANS
ON THAT DISEASE;
AND
OBSERVATIONS
ON
THE EAU MEDICINALE.

BY
JOHN RING,

MEMBER OF THE ROYAL COLLEGE OF SURGEONS IN LONDON, AND OF
THE MEDICAL SOCIETIES OF LONDON AND PARIS.

" Nam multum egerunt qui ante nos fuerunt, sed non peregerunt; multum adhuc restat operæ: neque ulli, nato post mille sæcula, præcideretur occasio aliquid adhuc adjiciendi."

SENECA.

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1811.

THE TREATISE

ON THE

GOUT

THE OPINIONS

OF THE ANCIENT AND MODERN PHYSICIANS

IN REGARD TO THE CAUSES, SYMPTOMS, AND TREATMENT

OF THIS AFFECTION

BY J. H. WELLS, M.D.

OF THE UNIVERSITY OF PENNSYLVANIA

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A

TREATISE,

&c.

THE subject of this treatise has engaged the attention, and exercised the talents, of the most eminent physicians in all ages; but they have been so unfortunate in their attempts, and so unsuccessful in their exertions, that the gout is still considered to be an incurable disease, and the reproach of the medical profession.

In this respect, medical men have an arduous task to perform: first, from its being a prevailing opinion, that the gout is a salutary disease and ought not to be cured; and secondly, from its being a well-founded opinion, that it is an obstinate disease and cannot be cured, unless the patient will co-operate with the physician, and submit to a certain degree of mortification and self-denial. A medical

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man may remove the fit; but it is only in the power of the patient himself to prevent its return.

One great impediment to the cure of the gout is, that it principally attacks the higher orders of the community; arising from indolence, intemperance, violent affections of the mind, or an inordinate indulgence of sensual gratifications. Those who have been accustomed to live in a state of ease and affluence, and to be pampered with every kind of luxury, are not the persons who will readily submit to strict discipline and controul, to severe privations, or to the constant and regular exercise, which the radical cure of such a stubborn complaint indispensably requires.

Even in the time of the paroxysm, instead of meeting with implicit obedience, or at least some degree of deference, as in other maladies, the physician has almost insuperable difficulties to contend with. Gouty subjects are in general, choleric and irascible. Hoffman and Van Swieten relate cases, in which a fit was brought on by a sudden gust of passion; Cœlius Aurelianus observes that gouty people are querulous and irritable; and Sydenham, who had the distemper thirty-four years,

and at length fell a martyr to his unsufferable torment, declares, that every paroxysm may as justly be denominated a fit of anger as a fit of the gout.

The late Dr. Gregory has remarked, that if a physician is very rigid in his directions about regimen, he may be assured they will not be strictly followed. It is, therefore, reasonable to conclude, that when the gout is only palliated, and not totally eradicated from the constitution, the fault is not always in the practitioner, nor in the disorder; but in the patient.

This malady has been the scourge of the superior classes of life; of princes and potentates, wits and philosophers, lawyers, physicians, and divines: we may therefore conclude, that nothing which genius could invent, or wealth purchase, has been left untried. These are great advantages, but on the other hand, there are great obstacles to encounter; prejudice and passion, custom and caprice, the force of habit and the contagion of example; folly and vice, luxury and intemperance, fashion and infatuation, the love of pleasure, and the love of ease.

In the happy moment of mirth and convi-

viality, and the mad career of dissipation, an epicure, or a voluptuary, little dreams of the gout; which hangs over his head, like the sword of Damocles, and threatens his destruction.

Amid the joys of wine, and the shouts of Bacchanals, the still voice of reason is not heard; the sober dictates of discretion are disregarded; and the friendly warnings of the physician are either totally forgotten, or treated with ridicule and contempt,

The Etymology of the Gout.

The word gout is derived from the Latin word gutta, a drop. This, however, is not expressive of the nature of the complaint; which is not a distillation, but a defluxion of humours, on the part affected. The term, therefore, may be considered as barbarous; yet a synonymous appellation has found its way into all the languages of Europe.

The Causes of the Gout.

The causes of the gout may be divided into predisposing and proximate. The predisposing cause is debility, combined with fulness

of blood. The proximate cause is a morbid excitement of the heart; and of the whole arterial system. The feet and hands are naturally more predisposed to the gout than other parts of the body, from their depending situation.

A debility of the ligaments and tendons of the joints, predisposing to this affection, is frequently transmitted by parents to their offspring; so that the gout may be said to visit the sins of the fathers upon the children, unto the third and fourth generation. Cadogan, who is fond of being singular, denies that the gout is an hereditary disease: as well might he deny that the crown of England is hereditary; because there are occasional exceptions to the general rule.

Certain it is, that strong and healthy parents commonly produce strong and healthy children; and that weak and unhealthy parents commonly produce a weakly and rickety race.

*Est in juvencis, est in equis patrum
Virtus, nec imbelles ferocem
Progenerant aquilam columbæ.*

This debility, however, as well as that of

the lymphatic glands, which predisposes to scrophula, and that of the lungs, which predisposes to consumption, is not always hereditary, but sometimes adventitious; and it is very well known, that here in England, where a cold and damp climate, and the sudden vicissitudes of the atmosphere, conspire with other causes to produce this effect, when a man acquires a fortune, and discontinues his usual exercise that he may retire and enjoy it, he also commonly acquires the gout.

The luxury and intemperance of the present age, and the immoderate use of wine, spirits, and spices, have had a considerable share in the production of the gout. When Prometheus animated his image of clay with fire stolen from heaven, he did not understand the process of distillation; otherwise he would have known, that the posterity of the man whom he created, would pay dearly for the theft.

Post ignem etherea domo
Subductum, macies et nova febrium
Terris incubuit cohors;
Semotique prius tarda necessitas
Leti corripuit gradum.

Indeed any one, who reflects on the abuse

of wine and spirituous liquors, must agree with the learned and ingenious author of the Botanic Garden, that they are the scourge of humanity, and the bane of the Christian world; and that the story of Prometheus resembles an allegory rather than a fable; for it is an unquestionable truth, that a man who indulges himself in the liberal use of alcohol, under any form, has not only the vulture perpetually gnawing his liver, but is also, in general, tortured with the gout.

The morbid excitement of the vascular system, which is the proximate cause of the gout, is occasioned by the application of an extraordinary stimulus to the heart; for instance, an extraordinary quantity of that natural stimulus, blood, rendered, perhaps, more stimulant, and acrimonious, by high-seasoned food, or fermented liquors; which first distends the auricles, then the ventricles, and produces that excess of reaction, which constitutes the disease. Hence an increase of the circulation, and an inflammatory diathesis, commence in the whole habit, particularly in the ligaments of the joints; and embitter life.

Dr. Brown, in the preface to his Elements

of Medicine, informs us, that he had his first fit of the gout in his thirty-sixth year; and that for many years before he had lived generously, except for the half year preceding this attack; during which he had observed a more sparing diet. Hence he has endeavoured to prove, that the general opinion concerning this disease is erroneous. He says, the gout, according to theory long prevalent among physicians, was said to depend on plethora, and excessive vigor. This, however, is a great misrepresentation. People of a robust constitution are, indeed, said to have been frequently subject to the gout; but not to have been attacked with the disorder till their constitutions were debilitated by indolence, intemperance, or vexation.

Brown himself, indeed, tells us, that he was now in the vigor of his age, and that excepting the gouty taint, and some debility, brought on by his late unusual abstemiousness, his constitution was good; but his biographer Dr. Beddoes informs us, that in 1763, seven years before he had the gout, when an old acquaintance called on him, he seemed to have given into the most dangerous of vices; and that the languor of his appearance seemed

to shew, that he had taken liberties with a constitution originally firm and vigorous.

By the same channel also we learn, that by labouring in his triple capacity of teacher, grinder, and writer of inaugural dissertations for *doctores indocti*, and *baccalaurei baculo potius quam lauro digni*, he seems to have supported himself in affluence as a single man; but that, in 1765, when he married, and kept a large boarding-house for students, he lived too splendidly for his means; and managed so ill, that in two or three years he became a bankrupt.

After the failure of his boarding-house, we are told by the same authority, that he became impatient; and unfortunately quarrelled with Cullen, his particular friend and patron; from a supposition that Cullen had it in his power to extricate him from his embarrassment, and place him in a more respectable and lucrative situation in the medical line. After this, we need not wonder that he should be troubled with the gout; or any other torment that vexation, wounded pride, or disappointed ambition could inflict.

Dr. Home observes, that the gout attacks men who are in the decline of life; men of

genius, those who are addicted to literary pursuits, who lead a sedentary life, and keep late hours. He considers rich and high-seasoned food, excess in drinking or sensual indulgence, a full and corpulent habit, and a sudden transition from strong to weak liquors, as predisposing, and cold, fatigue, violent passions of the mind, and nocturnal lucubrations, as proximate causes of the gout. We cannot, therefore, be much surprised at its attacking Dr. Brown.

Brown's animadversions on the prevailing theory, seem to be particularly directed against that of Cullen; who says, the gout attacks men of robust and corpulent habits, but not commonly till after thirty-five years of age, or a later period; and even then not till they are debilitated by indolence and intemperance, intense application, cold, the copious use of acids or acescents, or a sudden change from a full to a spare diet. In this opinion Sydenham, and other medical writers in general, coincide.

Beddoes informs us, that Brown's conversation was full of contempt for the literature, talents, and doctrines of the medical professors; that Cicero and Bacon were his

favourite authors; the latter, probably, because he countenanced him in the disrespect with which he treated his predecessors; that at first he may, perhaps, have read more than other students, but after he had constructed his theory, he seldom perused or consulted any medical author. This will account for that ignorance, arrogance, and self-sufficiency, which pervade many parts of his works; for that infallibility to which he lays claim, and that deference and blind submission which he expected from his readers. In this he has been imitated by his followers; and by a race of pilferers, as Dr. Beddoes calls them, with which literature has always been infested. One Charles Maclean, and another Brunonian, composed a miserable pamphlet out of their purloinings from his work; and after altering his doctrine, and moulding it according to their own fancies, tried to cram it down our throats, and called it "The Science of Life;" but, from the practices which it enjoins, it should rather be called The Science of Death.

Brown maintains, that because the gout occurs in relaxed and debilitated habits, it is an asthenic disease. "In the first promulga-

tion of his doctrines," as a sensible writer in the English Review for Oct. 1794, observes, " he did not sufficiently distinguish between the actions of the living body and its powers." Hence he contends, that the gout is an asthenic disease ; not considering, that the tense fibre, the strength and tone of the heart and arterial system, on which his opponents insist, are not the result of a vigorous constitution, but the consequence of a powerful stimulus, and preternatural excitement.

Brown's practice was as limited as his reading. It ill became him, therefore, to be dogmatic ; and, mistaking his classical learning for scientific attainments, to cast aspersions on the brightest ornaments of the medical profession. With regard to his own case, it must be recollected, that the predisposition to the gout is in a compound ratio of debility and plethora ; and that in his adversity, though his plethora was less, his debility, and of course his irritability and tendency to disease, were greater than before. He tells us, indeed, the want of a sufficient quantity of blood is at all times so hurtful, that although the theory of physicians led them to the notion of the gout depending on strength

and fulness of blood, yet no one ever thought of taking blood away ; that vomiting is hurtful, and purging worse. To detail all that has been written in refutation of these bold assertions of Brown, would be to anticipate the subsequent part of this treatise ; and to cite the opinions of all the principal ancient and modern authors, who have written on the gout, from Hippocrates to the present day.

Dr. Latham contends that the gout is not an inflammatory disease of the joints ; Dr. Brown contends that phrenitis is not an inflammation of the brain, and endeavours to support his opinion by observing, that it is easily cured by bleeding, purging, and other debilitating remedies. This is a curious kind of logic ; since they are the very remedies which he recommends for the cure of inflammation. In the sthenic diathesis, says he, bleeding is the most powerful of all remedies, because it carries off a stimulus, so much more powerful than any other, as it is directly applied to a greater extent of the system : consequently, as often as the diathesis is very high, bleeding should be freely used. He says, the next place to bleeding is claimed by cold ; the third place, in rank, belongs to

vomiting, purging and sweating. He also enjoins rest, and abstinence from stimulating diet. *Ex ore tuo te judicabo.*

Here it is natural to reprobate the conduct of the pretenders to the "Science of Life," who forbid bleeding, and prescribe immense quantities of opium, and other stimulants, in inflammatory complaints; and try to sanction their absurdities by the authority of Brown.

Quid domini facient, audent cum talia fures?

As to Brown himself, however ridiculous and absurd his hypotheses may appear to us, he used to lecture with a bottle of laudanum in one hand, and a bottle of whiskey in the other; and after heating his imagination, and working himself up to a degree of frenzy, he fancied they were all true.

Not such are the sentiments of Dr. Gregory, or, at least, the sentiments expressed in a letter published by Dr. Harrison, in his Address to the Lincolnshire Society on the subject of Medical Reform, from an eminent physician in Edinburgh, supposed to be Dr. Gregory. That enlightened author says,

“None of you can be more sensible than I am, of the magnitude of those evils which you wish to rectify. Have you any reason to expect the concurrence of the legislature in any such plan of reform as you have in view? I doubt much whether our statesmen will ever listen to such a proposal; that is, judging of their future from their past conduct. While they despise, and set at defiance in the most heroic manner, many of the most important, and, what appear to me, the soundest principles of political economy, which are inculcated by Adam Smith, in his book on the Wealth of Nations, they seem to have adopted, and very faithfully to have applied in practice, one of his doctrines; which, though in one sense true, is by no means true, or safe, or expedient, in its full extent: I mean his observation, that ‘statesmen ought not to be the physicians of the people whom they rule.’

“Think what our statesmen have long done, and are actually doing, with respect to the distillery; and judge what you have to expect of them, with respect to quack medicines and quacks. Our statesmen certainly ought to know, and I presume they do know, for

they have often been told, and obliged to attend to it, that the use of distilled spirits is destructive to the health, the understanding, the morals, and the industry of the people. It debases and brutifies them; and, what probably some of our statesmen may think of more consequence, it makes them bad citizens and disloyal subjects, by the surliness and ferocity which is the immediate effect of drinking spirits; and by that impatience and discontent, which is the necessary consequence of idleness and profligacy, disease and poverty: yet, for the sake of revenue, or, as it has been said, with some probability, merely for the sake of the more easy collecting of the revenue, they allow a few hundreds of rich distillers to poison their fellow-citizens by wholesale. This is by much the greatest evil, both physical and moral, that we have in Scotland.

“ It is infinitely worse with us than it is with you in England; but, I believe, you have enough of it in England to enable you to understand to what I allude, and judge of the force of my argument. By the bye, I believe some of my countrymen very kindly take the trouble to distil spirits for the be-

nefit of yours. If I am rightly informed, one company of Scotch distillers sent last year to England six hundred thousand gallons of whiskey; which, of course, would soon be baptized by the names of gin and British brandy; but would not be the less poisonous for that. I believe it was the same company of distillers, but at least it was one of our Scotch companies, that was understood to have made, of clear profit, by their trade, one hundred and fifty pounds a day, or between fifty and sixty thousand pounds in one year. I have heard, but I have now forgotten, how many thousand quarters of grain they boasted of having consumed, or having distilled, in one year: but the quantity was almost incredible.

“ If our statesmen cared for the welfare of the people, in point of health, morals, industry &c., they would prohibit distillation altogether; as, I believe, the Chinese have done, fourteen hundred years before the art of distillation was known in Europe. But while they permit and encourage so many hundred distillers to convert, in wholesale, the food of man into poison, and to ruin every year many thousands of their fellow-

subjects in mind, body, and estate, how can we expect that they should discourage or prevent the practice of quacks, and the general use of quack medicines? These medicines, as well as distilled spirits, yield a revenue more valuable, in the judgment of our statesmen, than the health of the people, the prosperity of physicians, and the improvement of physic.

“ Supposing, contrary to all probability, and all past experience, that our statesmen should be inclined, for once, to weigh the health and the welfare of the people against the sterling consideration of money; are you sure that the proposal for restraining the practice of quacks, and the sale of their medicines, will be the more favourably received, either by our rulers or by the people at large, for coming from our most noble regular Faculty? I think not, but quite the contrary; for we have an evident pecuniary interest in accomplishing the proposed reform: and as it is an established principle, that no individual, and no set of men, can be allowed credit for good motives, when it is possible to suppose bad motives for what they do, you may be assured that the worst possible motives will

be imputed to you and your friends, not only by the quacks and the venders of their vile drugs, but by the bulk of mankind. Conscious that your motives are upright and honourable, you may well despise all such illiberal imputations, as relating only to yourselves ; but they are not to be despised as relating to the influence they may have on public opinion ; and on the decision of the legislature. They may probably be sufficient to frustrate your proposal altogether.

“ You should consider, also, that many of the richest and greatest, and those who should be the wisest, men in the nation, judges, bishops, and peers, not only believe in quack medicines, and take great quantities of them, but are professed patrons of quacks, and allow their names to be used every day, in the common newspapers ; as vouching for the efficacy of various quack medicines, which they had employed in their own families, or on their own persons. These wise men will undoubtedly, either from vanity or for conscience’ sake, oppose and reprobate with contempt and indignation, any such plan of reform as you have in view. Would it not, therefore, be better, that the proposal should

come, not from physicians, but from men of other professions, or of independent fortune, and, withal, of well established character for understanding, and probity, and knowledge? Such men, if they are in earnest in the business, may easily procure, from regular physicians, ample information on the subject; particularly with respect to the general nature, and if not the whole composition of quack medicines, at least the principal ingredients; and, consequently, the pernicious effects of the compound.

“As to many of the quack medicines, nothing more is requisite to ascertain on what their pleasant and their pernicious effects depend, but just to throw a little of them into a good clear fire. It soon appears, by their bursting suddenly into a blaze, that the basis of them is brandy; or, at least, some kind of distilled spirit. I believe one of the most famous quack medicines, at present in the greatest use in England, and by the sale of which the worthy inventor has already made a much larger fortune than any physician in England, or in Europe, ever yet did by the most extensive and lucrative practice in the course of a long life, consists only of coarse

sprits impregnated with some kind of turpentine; and perhaps, a little sugar and some opium. Yet that quack, though he has done infinite mischief to the people, has certainly done good service to the revenue of his country, by the excise duty on the spirits which he employs, the quack duty on his medicines when prepared for sale, and even the stamp duty for his newspaper advertisements. I have no doubt that the last article alone, since he began to advertise, must have amounted to such a sum, as any physician in England would consider as a very affluent fortune. Probably you or I would gladly give up the practice of our profession for one half of it,

“If men not of the medical profession would heartily engage in your proposed plan of reform, they could not find in the world a fitter person to take the lead in the business than Sir Joseph Banks, whom you mention to me in your letter. His well-known character and talents, and public spirit, and the eminent station which he has long most honourably held in the republic of science, must give tenfold weight to every thing that he shall say, or do, in such a cause.

“ You should consider also, that there will be many doubts and difficulties with respect to the expediency of such a reform as you propose, independently of all regard to pecuniary interest, and purely from considerations of what may be for the good and comfort of many thousands of persons, who suffer under imaginary, or perhaps real, but incurable disorders. Pernicious as quack medicines may be justly thought on the whole, some good, at least some relief and comfort, must be obtained from them in many cases; else so many thousands would not fly to them in their distress, and persevere in the use of them. Would it be right, to take from many miserable objects that comfort, without giving them something as good, or better, in exchange? If the science and the art of physic were perfect, so as to afford us a certain cure for every disease; or even if they were so nearly perfect as to enable us to cure every disease that is in its own nature curable, and to alleviate as much as possible those that are not; no injury would be done to the bulk of mankind by prohibiting quack medicines and quacks, and giving to the regular Faculty a perfect monopoly of the practice of

physic. But I need not tell you, that there are very few diseases for which we have nearly certain remedies; that the use of medicines of great and general efficacy, for the cure of particular diseases, is at best precarious, often unavailing, and sometimes pernicious; that many diseases, at least in the present state of our science, seem to be incurable, and that our means of relieving such diseases are very inadequate.

“ In consequence of this imperfect state of medicine, vast numbers, every year, languish long, and at last die of consumption, dropsy, palsy, gout, stone, king’s evil, cancer, asthma, &c. &c., in spite of all that our Faculty can do for them. Many thousands suffer miserably by diseases produced by their own idleness, laziness, luxury, and intemperance; who might be cured by proper regimen, if they would submit to it, which they will not do; I mean, by temperance and exercise; but they cannot be cured by any medicines that I know of. Then, all mankind must die at last, which very few of them are inclined to do; and most of them must die of diseases, not of good old age; but, as they grow old, they become infirm

and sickly, and expect a cure, which we cannot give them, for such diseases, nay, we can give them but very imperfect relief.

“ If all mankind were but tolerably wise, they would soon discover all these things by their own sagacity; or, if not, they might be informed of them by their physicians; and would not be offended, perhaps would rather be gratified, by being told the honest truth. In cases in which there were means of recovery and relief, they would employ these with thankfulness and real benefit: in other cases, they would submit to their fate, if not cheerfully, or without repining, at least without plaguing themselves by taking a multitude of useless medicines. But the bulk of mankind is very far from being wise on these subjects. What then is to be done with them? Are they to be left to their fate, and told that their diseases are incurable, or that they are growing old and infirm, that they must suffer long, and die at last? Or ought they to be amused and gratified, by giving them a variety of frivolous medicines, and daily assurances that they are to be relieved, or cured? If this kind of practice is to be employed, ought regular physicians to have the monopoly of it?

or would honest physicians wish to have such a monopoly? I should rather think, that an honest physician would wish to be released from the painful duty of attending such patients, when he finds he can do them no more good. I should think he would wish the same, with respect to patients who have got the vapours, and all manner of imaginary diseases. In acute diseases, fevers, inflammations, &c. a physician ought certainly to continue his attendance and care, till either he shall have cured his patient by the operation of his remedies, or till the disease has ceased by the operation of nature. Patients labouring under such diseases have no occasion for the aid of quacks, and could sustain no injury if they and their vile medicines were annihilated. The same is true with respect to some chronic diseases; especially the pox, for which we really have a remedy.

“ But the case I think, is widely different with respect to many patients, and the diseases, real or imaginary, under which they labour. What can an honest physician do with an hysterical fine lady, or a fanciful hypochondriac who has got all the diseases in all the systems of nosology, and ten times

more; or with a gouty lord, or a guzzling alderman, or a greasy bishop? I mean, what can he do with such patients, after he has fairly told them the nature of their disorders, and the means, chiefly regimen, with very little help from medicines, by which they may be relieved or cured? It appears to me, that the physician has then done his duty; and is completely *functus officio*. The rest depends on the patients themselves; ninety-nine in the hundred of whom will not do what they ought to do, and will persist in doing what they ought not to do, till there is no health in them. Miserable as they are, by the necessary consequences of their own laziness, luxury, and intemperance, they would be still more miserable, if they were not amused and gratified by a variety of frivolous medicines; and, when these are exhausted, sent to one idle watering place after another.

“The wisest and best of our faculty, are fain to employ these miserable expedients, in numberless cases: but by whomsoever they are employed, they are but a species of quackery. Are our spirituous tinctures, whether bitter or aromatic, more salutary, or less pernicious, than those of the quacks? Are

our purging pills better than their analeptic and antibilious pills? Are their medicines essentially different from ours; or are they not, in general, our own medicines variously disguised, and trumped forth, under new names, with much impudence and many lies? To such questions, and such observations, our regular faculty will certainly be exposed, if they rashly engage in a war with the quacks; and many wise and good men will be apt to think, that the difference between the quacks and the regulars is more in degree than in kind, and much less in degree than we are disposed to admit.

“ You should also consider, that England is a free country; and that the freedom which every free-born Englishman chiefly values, is, the freedom of doing what is foolish and wrong; and going to the devil his own way. Your countrymen will certainly think it a most horrible encroachment on the liberty of the subject, if they are not allowed to poison themselves with quack medicines; just as they would think it a most cruel oppression, if they were not allowed to ruin themselves in mind, body, and estate, by drinking distilled spirits when they chuse to do so. I believe the case

is nearly the same in all countries: *adeo blanda est sperandi pro se cuique dulcedo*. Even the inexhaustible impudence, and monstrous lies, and confident assurances of the quacks, afford much more relief and comfort to many thousands of patients, than any of our regular faculty could give them; even if they were administering to them the same medicine that the quacks employ.

“It is either Rousseau, or some other original genius, who has observed, that many persons have no other pleasure in life, but that of thinking that they are not dead: and it is certain, at least, that there are many thousands in England, who seem to have no other object or business in this world, but that of preserving a miserable life, burdensome to themselves, and useless to the public. Quack medicines, and quacks, are necessities of life to such people; who would be more indignant than the quacks themselves, if quackery were abolished by law.—In short, I cannot help thinking, that before your proposed reform can be accomplished, physic must be made more perfect, physicians more honest, statesmen more enlightened, and the bulk of mankind much wiser and better than they are

at present, or have ever been, or are likely to become in our time.

“Do not suppose, from any thing that I have said in this letter, that I mean seriously to contend for the maxim, *Si populus vult decipi, decipiatur*. I heartily wish, not only for the good of mankind, but for the honour, the comfort, and the permanent interest of all men of merit in our profession, that there were no deceit in the practice of physic. But while there is so much deceit, and so much imperfection in it, while the bulk of mankind will not believe that it is so imperfect, and eagerly wish to deceive themselves, and to be deceived by others, on that point; while so many impudent quacks are no less eager to take advantage of the folly and credulity of mankind, and while these abuses are not only established by the manners and customs of the people, but in some degree sanctioned by the authority of the legislature, the difficulty of correcting them must be very great, perhaps insurmountable; especially if the reformation is proposed by men, who have an evident and avowed pecuniary interest in that change which they endeavour to accomplish.”

This opinion of the celebrated Professor,

with respect to the dreadful consequences of intemperance, is corroborated by that of Dr. Oliver; who remarked, that in his time, regular fits of the gout were less frequent than they formerly had been; that women were become subject to the gout, and that even children were often attacked with the disease.

This hereditary disposition to the complaint, he attributed to the universal increase of luxury among the rich; and the horrid lust after gin among the poor. The valetudinarian offspring of such parents, says he, arrive at the imperfections of fifty or sixty years of age, before they can, in reality, number twenty-one. When the appearance of the gout is thus premature, it seldom preserves its original form; its intervals are short and irregular; and the weak frame is soon destroyed by its violence.

The case of Mr. Wood, the miller of Bilericay, published in the Medical Transactions, may serve still further to confirm the sentiments here expressed. This case was laid before the College of Physicians by Sir George Baker in 1767, with a short preamble, in which he remarks, that the practice of physic was anciently divided into three

branches ; the first of which was surgery, the second the administration of internal medicines, and the third a due regulation of diet.

The two former, he observes, had in no age been more cultivated or improved than in the age then present ; but he much doubted whether an attention had been paid to the latter, equal to its dignity and importance. Yet nothing, says he, is more certain, than that, in many cases, regimen is the principal instrument of cure.

A distinguished fellow of the College, now a Baronet, informed me, that the late Dr. Heberden remarked to him, he was of opinion, that the science of prophylactics was studied much less than that of therapeutics. Unfortunately this observation is too true ; and will probably continue so, till physic is no longer a trade ; or, till it is as much the interest of the medical profession to prevent, as it is to cure diseases.

The practice of vaccination may be deemed an exception to this rule, by superficial observers ; but it is a certain fact, and one easy to be proved, that those who have had it most in their power to promote the practice, have been the least zealous in their exertions ; that

many of them have listened to unfavourable reports with great avidity, and circulated them with great industry; and that they were at length awed into silence, and an acquiescence in the practice, by public opinion, and the authority of the legislature.

*Quid non mortalia pectora cogis,
Auri sacra fames?*

The author of this treatise knows an eminent physician, who stated in a public company, that a nobleman's family had the small-pox after the cow-pox, because two of his grandchildren had been put to the test of variolous inoculation, and a local pustule had been produced in one of them. He also heard another eminent physician, when examined by the Committee of the House of Commons, on Dr. Jenner's petition, and asked whether he had not seen a great deal of the practice, declare in a contemptuous manner, that he knew nothing about it; and that he had only heard Dr. Pearson say there was such a thing.

This titled doctor then presided over one department, and now presides over another, in which vaccination is carried on to a considerable extent. In one of them, over which

he then presided, it was carried on by compulsion. It was therefore his duty to inquire into its merits. How far he has now inquired into it, is a question. Certain it is, that he has had a share in electing, as labourers in the vineyard of Vaccination, men who had never shewn the least zeal in the cause ; and others who had been hostile to the practice, and constantly abusing it, till a parliamentary grant produced their conversion, and made them see things in a different light. They hated Vaccination as much as he hated a trip to Walcheren. He is, however, not the only member of the Board to which he belongs, who, after speaking contemptuously of Vaccination, when offered his salary, pocketed the affront.

“ ‘They order these things better in France.’” I have the authority of my correspondent, Dr. Valentin of Marseilles, for asserting, that the members of the Central Committee in Paris, who have shewn much more zeal in this great cause of humanity, and rendered much more service to the state, than any Vaccine Board in this kingdom, refuse to accept any emolument for their trouble. ‘The labourer is worthy of his hire ; and those who cannot afford to give away their time, ought

to be remunerated ; but there are some countries in the world, where those who labour the most abundantly, receive the least compensation. *Perit quod facis ingratis.*

The reader, I trust, will pardon this digression ; which, to use the words of Thurlow, however grating it may be to the ears of some people, is dictated by reason, and extorted by truth.

To return to the case related by Sir George Baker:—" Thomas Wood, born on the 30th of November, 1719, of parents, who were apt to be intemperate in their manner of living, was subject to various disorders, particularly the rheumatism, until he attained the age of thirteen years. He then had the small-pox in a favourable way ; and from that time became healthy, and continued to have no complaints, to the age of about forty-three years. From his attaining the state of manhood to this period, but especially during the latter part of the time, he indulged himself, even to excess, in fat meat, of which he used to eat voraciously three times a day ; together with large quantities of butter and cheese. Nor was he more cautious with respect to strong ale, which was his common drink.

About his fortieth year he began to grow very fat ; but finding that he had a good appetite, and digested his food without difficulty, and that his sleep was undisturbed, he made no alteration in his diet. It was in his forty-fourth year that he first began to be disturbed in his sleep, and to complain of the heart-burn ; of frequent sickness at his stomach, pains in his bowels, head-ache, and vertigo. He was now sometimes costive, at other times in the opposite extreme ; had almost a constant thirst, a great lowness of spirits, violent rheumatism, and frequent attacks of the gout. He had likewise two epileptic fits ; but the symptom which appeared to him to be the most formidable, was a sense of suffocation, which often came on him, particularly after his meals.

“ Under such a complication of diseases, every day increasing, he continued till the month of August, 1764. At this time the Rev. Mr. Powley, a worthy clergyman in the neighbourhood, observing his very ill state of health, and the extreme corpulence of his person, recommended to him an exact regimen ; and pointed out the *Life of Cornaro*, as a book likely to suggest to him a salutary course of living. This book convinced

him, that intemperance was the principal cause of all his complaints ; he therefore determined to try, whether, the cause being removed, the effects might not cease. However, he thought it prudent, not to make a total change in his diet suddenly and at once: accordingly he at first confined himself to one pint only of his ale every day ; and used animal food sparingly. This method he soon found to answer to his satisfaction ; for he felt easier and lighter, and his spirits became less oppressed. These good effects encouraged him to proceed in his experiment ; and therefore after he had pursued the regimen before mentioned, during two months, he deducted from his allowance half the former quantity of ale, and was still more sparing of gross animal food.

“ In this course he continued till the 4th of Jan. 1765, since which time he has entirely left off all malt liquor ; and, in the following month, he began to drink only water, and to eat none, except the lighter meats. Under this degree of abstinence, although some of his complaints were relieved, yet some of them remained in full force. The rheumatism tormented him ; and still he had, now

and then, slight fits of the gout. On the 4th of June following, he began the use of the cold bath; and continued it twice or thrice a week, until the 29th of October, 1767. About the same time he began the exercise of the dumb-bell; in which he perseveres to this day. Water was his only drink from the beginning of January, 1765, to the 25th of the following October. From this day he drank no more, until the 9th of May, 1766, when he drank two glasses and an half of water; since which, he has drank no more of any liquor whatever, except only what he has taken in the form of medicine. He has avoided cheese, ever since the 30th day of June, 1767. He began to abstain from butter some time sooner. The 31st of July, in the same year, was the last time of his eating any animal flesh. Since that date, his diet has been principally confined to pudding made of sea biscuit. He allows himself very little sleep; generally going to bed at eight o'clock in the evening, sometimes even earlier, and generally rising about one o'clock in the morning, but being very rarely in bed after two o'clock.

“ Under this strict course of abstinence

he still continues to live ; and he expresses, in the highest terms, the great pleasure and tranquillity of mind which he enjoys in consequence of it. The poor diet to which he has accustomed himself, is now as agreeable to his palate, as his former food used to be ; and he has the additional satisfaction to find his health established, his spirits lively, his sleep no longer disturbed by frightful dreams ; and his strength of muscles so far improved, that he can carry a quarter of a tun-weight, which weight he in vain attempted to carry when he was about the age of thirty years. His voice, which was entirely lost for several years, is now become clear and strong. In short, to use his own expression, he is metamorphosed from a monster to a person of a moderate size ; from the condition of an unhealthy, decrepid old man, to perfect health ; and to the vigour and activity of youth. His flesh is now firm ; his complexion well-coloured ; and, what is very remarkable, the integuments of his belly, which I expected to have found loose and pendulous, are contracted nearly in proportion to his diminished bulk.

“ Prejudiced by a commonly prevailing superstition, Mr. Wood never suffered himself

to be weighed, either during the state of his extreme corpulency, or since his reduction; but it is conjectured, that he has lost ten or perhaps eleven stone weight. On being asked, why he submitted to such very strict rules of diet, he answered, that as he was ten years older than Cornaro was, when he began his regimen, he thought that, on this account, a more severe and abstemious course was necessary for him; and that he was greatly influenced by Dr. Cheyne's opinion, "that Cornaro would probably have lived longer, had his regimen been more strict."

"To the question, " what first induced him to abstain from all drink?" he answered, that it happened one day, that the servant had forgotten to bring his water at dinner, as usual; that, being then full of business, he did not think of calling for any, and that, having found himself easier and less oppressed by that meal than common, he determined to try, whether a total omission of all liquids might not be an improvement in his diet; and that he soon found the experiment answer. He added, that he was farther encouraged to abstain from liquids by an observation which he had made in feeding hogs,

He never allows these animals to drink ; and to this he attributes the excellence of his pork ; it being greatly valued on account of the whiteness and firmness of the flesh.

“ His business obliges him to use a great deal of exercise ; particularly that of riding. Besides this, he uses the dumb-bell, as was before mentioned ; and digs in his garden whenever he has leisure. But, let his exercise be ever so laborious, or ever so long continued, he has very little or no sensible perspiration. I have thrice had an opportunity of examining his pulse, about ten o'clock in the morning, after his having walked six hours. The first time, I counted 45 pulsations in a minute ; the next time, 47 ; the last, only 44. He makes, every day, about a pint and half of urine ; which is of a full amber colour. It has scarcely varied, either in quantity or appearance, ever since he left off drinking. He has seldom more than one stool in two days ; or two in three days. If it happens, at any time, that his body is in a less costive state, he finds himself languid and faint ; and less able to go through his business. Although he wears thinner cloaths than he used to wear, when in his state of corpulence, he

finds himself much less sensible of external cold. He is likewise much less liable to catarrhs, than he formerly was. Nay, he exposes himself to all weathers; and yet scarcely ever perceives the least degree of that indisposition.

“ From the time when he first entered upon the pudding-diet, he has been much less subject to flatulence; and still much less so than ever, since he left off drinking. It is to be added to the advantages, which he has gained by his regimen, that he is now entirely free from gravel; a disorder to which he was formerly very subject. Mr. Wood is a great enemy to all fermented liquors; to butter, and to salt. Nay, he even doubts of the wholesomeness of common bread; meaning bread which has undergone the process of fermentation. Nor does he seem to build this opinion on mere speculation; for he asserts, that when his pudding has, at any time, been made of common bread instead of sea-biscuit, he has constantly found the effects of it to be thirst, unquiet sleep, and disagreeable dreams. The pudding, which was his sole support during two years, was made as follows. Three pints of skimmed milk, boil-

ing, were poured on one pound of the best sea-biscuit, broken into pieces. This was done over night; and these ingredients were left to stand together until the following morning, when two eggs were added. This compound, being boiled in a cloth about the space of an hour, became a pudding of sufficient consistence to be cut with a knife. Of this his quantity used to be one pound and an half, at four or five o'clock in the morning, as his breakfast, and the same at noon, as his dinner; after which he abstained from food until the next day. But, having grown fatter under the use of this diet, he judged it necessary to quit it, as being too nutritious; and during three months he lived on the following composition; videlicet, one pound of coarse flour, and one pint of water, boiled together. This he was at first much pleased with, but afterwards found it disagreeable to his stomach, and not easily digestible. The pudding which he now uses, is composed of one pound of the flour, of which the best kind of sea-biscuit is made, boiled with a pint and half of skimmed milk, without any other addition."

The conclusion of this case of an extraordinary course of abstemiousness, and its

beneficial effects, was published in the third volume of the Medical Transactions. Mr. Wood continued to enjoy good health, in general, till May 1783; when he caught cold by riding in the rain, with his coat and waistcoat unbuttoned, as usual, which brought on an inflammation of his bowels; a disease by which his mother and brother had also been carried off. A few days before his last illness, he had travelled on horseback more than sixty miles, without any sense of fatigue.

He sometimes indulged himself in eating a little fruit; but commonly paid dearly for that indulgence, by suffering a severe pain in his bowels; for which he used to pour half a glass of gin or brandy over his pudding. This, however, seldom proved successful in alleviating his pain; for which reason he discontinued the practice two or three years before his death. He was much consulted, and by some persons of considerable rank, concerning regimen; in which he neither allowed himself, nor his correspondents, any relaxation; except the use of fruit, or boiled vegetables, without butter, salt, or spice of any kind. In his letters, which were published, he frequently expresses his abhorrence

of fermented and spirituous liquors; and even recommends abstinence from all drink, and caution in the use of moist vegetables; conceiving the water in his pudding sufficient for the purpose of dilution, and affirming, from certain experience, that the drier his food was, the smaller quantity would suffice, and the better health he enjoyed.

His argument is, that a large quantity of liquids is a provocative to eating, as salted meats and sauces are to drinking; and consequently should be avoided with equal care.

Mr. Wood corrects an error which had been committed in the account published by Sir George Baker; and observes, that his pudding was made of the flour with which the coarse kind of sea-biscuits are made; and as much water as will make it sufficiently soft and tender, to be easy of digestion. He advises his correspondents to abstain from dry bread, cheese, butter, hard puddings composed of fine flour, milk, and eggs, salt meats of every kind, and every thing commonly called relishing. He thinks he was misunderstood, with regard to perspiration. He seldom or never continued long at hard labour; considering it detrimental to health.

Nothing acts as an exciting cause of the gout more frequently, than sudden heat or cold. Various other exciting causes are, however, enumerated, which, in some measure, occasion the same effect ; such as violent exercise, unaccustomed labour, a sprain, a contusion, intense application, sensual indulgence, or a debauch.

*Ut Venus enervat vires, sic copia Bacchi
Enervat vires, debilitatque pedes.*

Sydenham, who taught this doctrine, in some measure illustrated the truth of it by his own personal experience. In the dedication of his treatise on the Gout, which he wrote when he had been thirty-four years afflicted with that disorder, he apologises for not writing a larger dissertation on the subject; and observes, that as his immoderate application to this undertaking occasioned the severest fit of the gout which he ever had, it was a caution to him to desist, which he did with reluctance; and to consult his own health. He therefore resolved to rest satisfied with the Essay which he had written; for the gout constantly returned, as often as he attempted to proceed with the work.

A Description of the Gout.

The gout generally commences in the midst of winter; and seizes the first joint of the great toe, or the ball of the foot, in the night-time, when the patient is warm in bed. It is at first attended with a sense of cold; and a shivering, succeeded by heat. The pain, swelling, and inflammation, increase; accompanied with extreme restlessness. There is an exacerbation of the complaint every night; and a remission every morning, followed by perspiration; so that one fit of the disorder seems to be composed of several short fits.

The pain is so severe, that it sometimes resembles a dislocation; and at other times the gnawing of dogs. Sometimes the complaint attacks both feet; in general, however, not together, but in succession. Sometimes it lasts but a few days; at other times several weeks, or even months.

A fit of the gout is occasionally preceded by symptoms of indigestion, and other signs of approaching disease; which by degrees abate. The swelling also gradually subsides.

the pain ceases; and the patient recovers his former health and spirits.

At first the gout commonly returns once a year, and is still confined to the feet; but after a short time, it attacks the heel and the instep; and next, the knees, the elbows, and the shoulders.

At first the pain is acute, and the fit of short duration. When the patient has had repeated paroxysms of the complaint, the disorder becomes more mild, but more obstinate. It also returns more frequently; and leaves more ill effects behind.

This is called the regular gout; another sort is called the irregular; namely, when there is not strength enough in the constitution to fix it in the joints, and when it is misplaced, or retrocedent. Pains in the head, stomach, or viscera, as well as those in the limbs, when they occur in arthritic patients, are also called irregular gout. The propriety, as well as the advantage of this term, may be questioned, since it requires no other difference in its treatment, from common inflammation, than what arises from the obvious circumstance of debility; which renders it necessary to be more cautious in the

antiphlogistic plan, than in people of a strong constitution.

One remarkable effect of the gout is, that it deposits in the vicinity of the joints, and sometimes even in their cavities, a substance which is at first gelatinous, and afterwards becomes inspissated, and forms concretions, called chalk-stones ; but which are, in reality, lithiate of soda, combined with a small quantity of animal matter. The same kind of concretion occasionally takes place, from similar inflammation, in almost every other part of the body, whether external or internal.

In consequence of this deposition, the gout is a very common cause of anchylosis. It is also frequently complicated with the stone, and gravel ; with asthma, jaundice, dropsy, pleurisy, peripneumony, epilepsy, palsy, apoplexy, and all the various ills which flesh is heir to.

It is the general opinion of ancient and modern physicians, that the gout proceeds from an accumulation of humours in the relaxed vessels of the ligaments and tendons of the joints ; but different opinions have been entertained concerning the nature of those hu-

mours ; some thinking them a morbid secretion, and others considering them to be mere blood.

The latter opinion appears more probable, from the sudden manner in which the complaint often comes on ; and also from the causes by which it is induced ; such as heat, cold, and immoderate exercise. These are not likely to produce an immediate separation of morbid particles from the circulating mass ; but they are likely to produce an increased or diminished action of the solids ; and an unequal distribution of the fluids which they contain.

This notion of the gout being a critical deposition of matter on the joints, and a salutary discharge, has, like almost every other fanciful hypothesis, led to an erroneous practice. It was thus people reasoned about the small-pox, till reason and experience corrected that fatal error.

Opinions of the Ancients concerning the Gout.

HIPPOCRATES.

Hippocrates ascribes the disorder to a corruption of the blood by bile and phlegm ; and advises that the patient who labours under it, should be purged; and drink whey and asses' milk.

He declares, that inveterate cases of the gout are sometimes cured by a dysentery, or a diarrhea ; and it would be no compliment to his sagacity to suppose, that he did not in this, as well as in other instances, profit by his observation, and follow nature.

He also gives other proofs, that he did not apprehend any particular danger in this complaint from disturbing nature in her functions; for he recommends the free application, and copious affusion of cold water, to the parts affected, in order to assuage the swelling and anguish of the disease; and at the same time remarks, that whatever induces a moderate torpor of the limb, will ease pain.

He deemed those cases in which there are

concretions in the joints, and the patients are advanced in years, incurable. Subsequent experience, however, has proved the contrary. Several such cases have been cured by a rigid plan of abstinence and regular exercise :

———labor omnia vincit

Improbis, et duris urgens in rebus egestas.

Hippocrates admits, that the gout is curable in young people who live temperately, and are fond of exercise, and have an intelligent physician to direct them ; but we have abundant testimonies, in modern times, to prove, that we never ought to despair.

CELSUS.

Celsus recommends bleeding, immediately on the attack of the gout ; and says it sometimes removes the fit for a year, and sometimes for life. He also recommends temperance, exercise, frictions, warm and cold affusions, and occasional evacuations.

When the swelling and inflammation are considerable, he recommends cold bathing ; but gives a caution against keeping the limb

in water long, for fear of injury. He also recommends other cold applications, as the case may require.

To prevent a return of the complaint, he recommends emetics and cathartics ; and water as the general beverage ; with wine only once in three or four days.

He particularly recommends long continued frictions ; and gives a strict caution against any sudden change of life.

ARETÆUS.

Aretæus recommends the application of cold to the limb when it is hot ; and of heat when it is cold. In the first case he recommends a cooling diet ; and in the latter he directs that the part should be wrapped in wool.

GALEN.

Galen attributes the gout to a redundancy of humours ; either blood, bile, or phlegm, separately, or in conjunction ; and prescribes bleeding, purging, and repellents, for the cure of the distemper.

CÆLIUS AURELIANUS.

Cælius Aurelianus recommends clysters in case of constipation. He also recommends cupping, or leeches ; or, what he thinks preferable, scarification without cupping, as doing less injury to the part affected. After the decline of the fit, he advises that the patient should bathe, use moderate exercise, live abstemiously, and drink water ; or, at least, that he should be cautious not to drink much wine.

QUINTUS SERENICUS SAMONICUS.

Quintus Serenicus Samonicus says,

Ennius ipse pater, dum pocula siccat iniqua,
Hoc vitio tales fertur meruisse dolores.

He also says,

Sunt quibus apposita siccatur hirudine sanguis.

ORIBASIUS.

Oribasius says, the intention of cure is the same in the gout, as in other local inflammations ; and that we ought to disperse what is

accumulated in the parts affected in consequence of this defluxion; and which, if suffered to remain there, will form concretions, that render it impossible to restore the limb to its pristine state.

He first directs the evacuation of the humour which causes the disease, by bleeding and purging; and by the application of repellents to the parts affected, when the disorder is in the extremities; but not in a sciatica. He also directs local evacuation by cupping; and purging clysters prepared from bitter apple. He tells us, we should not undertake to cure those who are addicted to luxury and intemperance; and who will not follow our advice.

He recommends salt rubbed down with oil, as a powerful preventive of the gout; beginning at the decline of the disorder, and continuing it every night and morning, during life.

This, and other oily applications recommended by the ancients, may sometimes be serviceable in the gout, on the same principle as Soap Liniment, by facilitating friction; and the salt, as well as camphor and alcohol, may be beneficial as a stimulant; as there

is great reason to believe, that the principal efficacy of this and other prophylactics of a similar kind, consists in the friction itself.

The following communication, for which I am indebted to Mr. Blair, shews that friction with oil has had a fair trial in this country; and, from the success with which it is said to have been attended, it is rather strange that it has been so much laid aside:—

*“ Great Russell Street,
Dec. 24, 1810.*

“ DEAR SIR,

“ As you are writing a treatise on the gout, I shall suggest a hint respecting the use of oil, by friction, in that disease. I suppose you know that this remedy was cried up as new, about seven or eight years ago; whereas the plan of using oil was practised by one Dr. Rogers, upon himself and others, in 1729, with surprising efficacy. Dr. Stukely (a Fellow of the College of Physicians) published an interesting pamphlet on the subject; and says, in 1740, he had tried it eleven years, “ without any miscarriage that he was conscious of:” indeed Dr. Rogers declares, “ he could give 500 particular cases” of suc-

cess. They used to employ brisk vomiting, purging, and sweating, besides the oily frictions: but there was something empirical in the method of preparing and vending the oil; which was therefore not generally understood as to its composition. The fact of its efficacy, however, is not to be doubted; and I leave it to you to judge, if this mode of cure be not as much entitled to the attention of practitioners in general, as the boasted “Eau Medicinale” of the present day.

“Your’s truly,

“W. BLAIR.”

ÆTIUS.

Ætius agrees with other ancient physicians, that the gout arises from loss of tone, and plenitude. He therefore prescribed bleeding, and purging; and afterwards, cold applications if the parts were too warm, and warm applications if they were too cold. By this plan he cured several cases, of three or four years standing. He complains that some practitioners do mischief, by applying remedies in the gout which are too cooling. He extols emetics, as preventive of the disease,

ALEXANDER TRALLIAN.

Alexander Trallian has written largely on the subject of the gout; from which it is probable, as Freind observes, that the complaint was become prevalent in his time. The same learned author observes, that he chiefly relied on purging medicines for relieving the gout, which some people fondly supposed to be a recent discovery; and that his compositions are probably full as efficacious as the boasted nostrums which are sold by modern quacks.

This author is of opinion, that the gout arises from various causes; and that it has obtained an ill name, and been thought incurable, merely because it has not been well understood; but that if you properly discriminate the causes of the disorder, both in nature and degree, it is easy of cure.

He supposed, with the ancients in general, that there were four humours in the body, and as many species of gout, arising from a redundancy of these humours; besides all the various combinations of which it might be

susceptible. Hence he describes the bilious, the sanguineous, the pituitous or phlegmatic, and the melancholic gout; and the means of cure adapted to each respective kind. These consist principally of evacuations.

In the sanguineous he recommends venesection; and in every species a frequent repetition of such cathartics as are accommodated to the complaint; and best calculated to carry off the specific humour, which constitutes the disease. This plan, as well as abstinence from such foods and drinks as have a tendency to generate these humours, he directs to be pursued, not only during the fits of the gout, but also, occasionally, in the intervals of the disorder.

By this method, he observes, many people within his own knowledge, have either been cured of the complaint, or seldom troubled with an attack; but then, he remarks, they did not neglect to lose blood at the very commencement of the spring, not only as a curative, but as a prophylactic.

Among the causes of a plethoric habit, and consequently of the gout, he particularly mentions the following; modestly admitting

that all medical men would have perfectly understood them, if he had not written on the subject. Animal food of every kind, especially swine's-flesh, sweet wines, all sorts of foods in abundance, cheerfulness of mind, and moderate exercise of body, have commonly that effect. If, therefore, any one observes these precautions, and also uses constant and active bodily exercise, he thinks it scarcely possible that he should not remain free from excrementitious humours; and consequently from the gout.

He recommends a slender and cooling diet of every kind; and tepid water as a beverage; and tells us, he has known many people continue free from the gout, merely in consequence of their abstaining from wine. Hence, he observes, it is evident, that it is dangerous for those who are full of blood to drink much wine; and if they will not comply with this admonition, and refrain from it altogether, they ought, at least, to submit to that mortification in the spring and summer.

He tells us, some people take a compound powder of Hermodactyls, sometimes combined with Scammony; which, they say, causes some loose stools, and makes them

presently wish to walk. This, he acknowledges, is true; and it is seldom that what this medicine promises by its title, as an anodyne for the gout, does not actually come to pass; but, he adds, it has also a prejudicial effect, for those who take it are teased with more frequent attacks of the disease.

From his account it appears, the bad effects, as well as the good effects of this medicine, were in some degree similar to those produced by the celebrated nostrum now in vogue, the *Eau Medicinale*; for he says, all those who took it were troubled with nausea, the day they took it, and loathed their food. To correct this ill quality in the medicine, and render it grateful to the stomach, he recommends Cummin seeds, Ginger and Pepper, and above all, Aloes, as the most useful and valuable additions.

One of his formulæ is composed of Aloes, Scammony, Seeds of Wild Cucumber, and Hermodactyls. Each of the two last of these ingredients, the former of which yields the expressed and inspissated juice called *Elategium*, has been suspected to be the basis of the *Eau Medicinale d'Husson*.

He prescribes cold applications in cases

attended with heat, and warm applications in cases attended with cold. He also directs the patient to drink cold water with his meals in summer, and lukewarm water in winter. In the intervals of the disease, he prescribes occasional evacuations, and tonics; and indeed, when we recollect how gouty patients in general live, we cannot wonder that cathartics, and other evacuants, occasionally prove the best tonics in their constitutions.

PAULUS ÆGINETA.

Paulus Ægineta remarks, that one cause of the gout is debility; and the other an increased determination of the blood to the ligaments of the joints. He recommends cooling and anodyne applications externally; a cooling and diluting diet; bleeding and purging at the attack of the disorder, and exercise and friction at its decline.

He then advises the patient to live abstemiously, and, if possible, to refrain altogether from wine; adding, that he has known a number of persons, all of whom have thus recovered their health; and others, who have

by these means been relieved at the commencement of the disease.

He affirms that there is no danger in abstinence, or in leaving off wine ; and that it is difficult to cure the gout when of long standing ; but easy to prevent it, if you live on a slender diet, and use sufficient exercise to prevent the humours from accumulating in the joints.

There is a valuable treatise, by an unknown Greek author, of which a Latin translation is published by Henry Stevens, in his *Medicæ Artis Principes* ; in which it is maintained, that the gout is an hereditary disorder ; that it proceeds from gluttony, depraved nutrition, indigestion, unaccustomed labour or rest, a suppression of the usual evacuations, and unbridled lust.

The author contends, that as the gout is caused by repletion, it must, as Hippocrates observes, be cured by evacuations ; by which also it may be prevented.

In the absence of the fit, he recommends emetics, cathartics, and an abstemious diet. At the commencement of an attack, he recommends bleeding, and if it invades the other foot, he directs the operation to be repeated ;

justly observing, that whatever humour it is which circulates in the veins, and causes the disease, it offends rather from its quantity than its quality ; and that it cannot be totally corrupted all at once.

He forbids arthritic patients to drink wine ; and tells us it was the opinion of the ancients, that those who were once afflicted with this loathsome disease, should, if possible, abstain from it as long as they live. He recommends purging at the height, as well as at the decline of the disorder ; and quotes the authority of Hippocrates to shew, that when the pain is violent, you should administer a cathartic ; and afterwards a gentle opiate to allay irritation.

“ There are,” says he, “ some who say, that purging is of no use in the gout ; but they are ignorant of the very elements of the healing art. If, therefore, to use the words of Hippocrates, any one who perfectly understands the many splendid discoveries which have been made in physic, during a length of time, endeavours to make further discoveries, he shews his judgment ; for possibly many things may hereafter be found out. But he who discards and rejects those discoveries

which are already made, and tries to invent new methods of practice, and new laws in the animal economy, and boasts of his discoveries, deceives others, and is deceived himself; for it is impossible to be done."

He then observes, that if purging does injury in the gout, the fault is in the physician, who prescribed a medicine unsuitable to the case. For those who object to cathartics, from natural timidity, he recommends clysters. He also recommends the application of a blister, or of cold water, to the part affected.

The ancients, in general, forbid the use of wine in arthritic habits; but one fruitful source of the gout was unknown to them, and was reserved as the curse of modern times; which is the copious ingurgitation of spirituous liquors. Heberden long ago remarked, in the second volume of the *Medical Transactions*, that the experience of mankind has been so unfortunate as to find out this specific poison for the human frame; but has not hitherto been able to find out a specific remedy for the diseases which it produces. He also remarks, that when the liver is become scirrhus, in consequence of intempe-

rance, and a hectic fever shews these scirrhi to be in an inflamed state, Bath waters will aggravate all the symptoms ; and no otherwise contribute to the termination of the disease, than by accelerating the death of the patient.

One great intention of this treatise is, to stem that torrent of vulgar prejudice in favour of stimulants in the gout, which has been extremely pernicious to the health of mankind. This prejudice has been greatly fostered and encouraged by the natural inclination for savoury foods and drinks. Hippocrates says, *quod sapit nutrit* ; but we may be nourished too much ; and every excess, either in eating or drinking, is a fruitful parent of disease. Brodum, with his diffusible stimuli, has slain his thousands ; but Brown, with his diffusible stimuli, has slain his tens of thousands.

This opinion of that *ignis fatuus* of the medical profession is not singular. Crichton says, " Debility and death may be produced by the too frequent use of stimulants ; or by taking too large a quantity of any powerful one at once. To debility, thus occasioned, a late eccentric genius in medicine, Dr. John Brown, gave the name of indirect debility ; and, from a want of enlarged views, on the

subject of his profession, he generalised his ideas of direct, and indirect debility, so far, as to make them the principles of explaining, according to his notions, not only the origin and nature of all diseases, but also the action of all medicines. 'The doctrine of direct and indirect debility is doubtless true to a certain extent, and explains many phenomena of diseases; it has also modified and meliorated practice in several points; but to make it the basis of a general classification of disorders, to attempt to explain all their phenomena by it, and above all, to make it the only foundation of the indications of cure, betrays a singular incapacity for comprehensive observation, and a radical defect of medical science.'

Dr. Uwins, in his learned and ingenious work, entitled *Modern Medicine*, observes, that Brown, in his endeavour to overturn every former theory of medicine, and to simplify the science, had, in almost every part of his book, shewn a determined spirit, not merely to make facts bend to system; but to deny, or question, facts irreconcilable with his system, however well established and unquestionable. Hence it is evident, that his opinion concerning the nature and cure of

the gout, which militates against that of all the most experienced physicians, ought to be received with caution and distrust.

Strictures on Brown's Elements of Medicine were published at Goshen in America, by Phinehas Hedges, an intimate friend of the immortal Washington; in which he observes, it is confirmed by the experience of ages, that the gout is the legitimate offspring of luxury and intemperance; and that venesection, and other evacuations may be requisite for its cure. Instead of a generous diet, fermented liquors, and other stimulants, he thinks it would have been more consistent with Dr. Brown's theory, and common sense, for him to have advised a more and more sparing use of animal food and exercise; and a proper regulation of the non-naturals. This, says he, has been the gouty regimen, from the earliest ages of physic; and constant experience has established its beneficial consequences. A thorough cure is not to be expected from medicine: all the diffusive stimuli on earth, only serve to increase the disorder. It is no wonder that Dr. Brown fell a victim to his own theory; hard thinking, hard drinking, and luxurious eating,

must land all their votaries in the world to come.

He observes that the method of cure enjoined in Brown's Elements of Physic, appears to him to be at continual warfare with experience ; that the diseases of the climate of America, Scotland, and the north of Europe, often partake of an inflammatory nature, and seldom yield to stimulants unless evacuations are premised. He affirms that Brown has stolen the materials, of which his edifice is constructed, from Cullen, and put them together in a very bungling way ; that his delineation of diseases is not taken at the bedside ; and that he combines in his character, the inexperience of youth and the dogmatism of old age, which have always been great obstacles to the improvement of the healing art.

Dr. Wilson, in his Essay on Fever, proves that Dr. Brown's hypothesis is not only at variance with reason, but inconsistent with itself ; that it is full of errors, absurdities, and contradictions. Even Dr. Beddoes, his translator and biographer, has pointed out so many of his defects and blunders, that much less mischief is to be feared from the pernicious tendency of his heating and stimulating plan.

*Opinions of the Moderns concerning the
Gout.*

The opinion of the moderns in general, concerning the gout, is, that it proceeds from indolence and intemperance: that it is a salutary disease; and that there is no remedy for it, but patience and flannel. Were this really the case, arthritic people might well exclaim with the poet,

*Durum, sed levius fit patientia
Quicquid corrigere est nefas.*

Happily, however, they have no such hard lot to deplore. The records of medicine bear ample testimony to this truth; and it may well be questioned, whether there is any habitual distemper more curable than the gout.

MAYERNE.

Mayerne is of opinion, that the gout is owing to tartar, or some other saline and acrimonious substance, vellicating and cor-

roding the ligaments and integuments of the joints. This, however, is a mere hypothesis, and appears to be unfounded; for it has never been ascertained by chemical experiments, that any tartar exists either in the blood, or in the morbid concretions generated by the gout.

He observes, that water-drinkers are seldom troubled with this complaint; and advises those who cannot totally refrain from wine, to drink it only in moderation, and much diluted. He lays down the following excellent maxims, as conducive to health; that our manner of living should be plain and simple, that we should leave off eating with an appetite, and not take fresh food till the former is digested; that a keen appetite is the best sauce, and that when this is wanting, we should restore it by exercise, as we stir a fire to restore the dormant flame. He also recommends friction.

He recommends occasional bleeding, vomiting and purging, in the attacks and intervals of the gout, to hasten the removal of the paroxysms, and prevent their return; and mentions the practice of Bairus, an Italian physician, who took a brisk cathartic when

his pain was violent; by which he always presently recovered the use of his feet; and was able to walk without assistance. An eminent surgeon in the city lately informed the Medical Society, that he has, for many years, been accustomed to take a good dose of Submuriate of Mercury, on the accession of a fit; which it never failed to carry off in a few days.

Mayerne specifies the doses of different cathartics, which he was in the habit of giving; but which no prudent physician would venture to prescribe at the present day. They are as follows: two or three ounces of Syrup of Buckthorn, or some Potassæ Supertartras with ten, twelve, or fifteen grains of Scammony; or a dram, or four scruples, of Jalap which, he says, is a useful and pleasant remedy for the gout, or a scruple of Mercurius Dulcis, a stronger preparation than Hydrargyri Submuriat. This, he tells us, is the most powerful remedy in the complaint; and has been administered with the greatest success.

In order, however, to give it an additional stimulus, and prevent it from lodging in the body, he directs that the patient should take

twenty, or twenty-five grains, of the Colocynth Pill. He recommends an Opiate at bed time, after the purge, as Sydenham, and other writers on the gout, have since done; and tonics to complete the cure.

TACHENIUS.

Tachenius is of opinion, that the gout originates from an acid, produced in the stomach by fermentation. He, therefore, advises that gouty people should refrain from drinking sour wines, and stale beer; and that they should drink water at the time of the fit, or lemonade, or orangeade; which he thinks less pernicious than fermented and spirituous liquors.

He observes, that in a sciatic, attended with fever, and violent pulsation, bleeding is of wonderful efficacy. He also, as well as Mayerne, alludes to the case of Bairus; who, by taking a cathartic three or four times a year, when he felt symptoms of repletion, cured himself of the gout; and lived twenty-six years, without any return of the complaint.

Tachenius's doctrine, founded on the humoral pathology, though exploded by the

most eminent modern writers and practitioners, is very prevalent, even at the present day.

WILLIS.

Willis observes, that the first indication, in the cure of the gout, is to ease the pain ; and for this purpose he recommends evacuations and anodynes. He says bleeding is often of service in a recent case of gout, or one that is not of long standing, especially in a warm constitution, and at the commencement of the disorder, otherwise it does more harm than good. As to purging, he remarks, there were different opinions on the subject ; but some physicians constantly gave strong cathartics to their patients on the first attack of the gout, and with success.

He thinks emetics proper in those constitutions where they agree, where they operate with ease, and are safe on other occasions. He recommends similar evacuations early in the spring and fall ; and afterwards tonics, to prevent a return of the disease. He also recommends abstinence, and alteratives, particularly a milk diet ; but remarks that it does not agree with every constitution.

SYDENHAM.

Sydenham observes, that the cure of the gout should be attempted, as far as the age and strength of the patient will permit. He confesses that the radical cure of the disorder is still a secret, and that he does not know when, or by whom it will be discovered; but, after a long consideration, he cannot help thinking such a remedy will be found out hereafter, and that if ever this shall happen, it will betray the ignorance of the theorists, and clearly shew how egregiously they are mistaken in the knowledge of the cause of diseases, and in the medicines which they prescribe to cure them.

He allows that bleeding, purging, and sweating, seem to be indicated in the gout; yet thinks we should not so far encroach on the prerogative of nature, but suffer her to eliminate the peccant matter in her own way, by insensible perspiration. This natural cure, which Sydenham considers as the last of evils, is that which, even according to his own account, is accompanied with a pain sometimes resembling the gnawing of dogs, sometimes

resembling a dislocation ; and is the sharpest remedy in nature.

Averse, however, as he was from disturbing nature, and interrupting her efforts, in his dissertation concerning bloody urine from a stone in the kidney, he says, “ with respect to purging, therefore, in the case of bloody urine, provided only Manna be used, according to the method above described, I must retract an assertion which I formerly made, in my treatise on the Gout, that it is improper to purge gouty persons, either at the beginning, or at the decline, or in the intervals of the fits.

“ *nec, si miserum Fortuna Sinonem
Finxit, vanum etiam mendacemque improba finget.*”

“ I did not then recollect, that the fit to be apprehended from a cathartic, might be prevented by an opiate at night. Nevertheless, if the gout only be attended to, all sorts of evacuations are very pernicious in that disorder ; and not to be used, unless the abovementioned symptoms require them.”

Sydenham, and other moderns, who are hostile to depletion in the gout, in deference

to the supposed opinion of Hippocrates, while they quote his general maxim, not to evacuate crudities, which is in itself a very questionable doctrine, appear to have overlooked his particular injunctions concerning the treatment of the gout; which will be found in another part of this work.

Sydenham, whatever errors he may have committed in his own diet, lays down some very judicious rules for those who are afflicted with the gout. He is of opinion, that a person who has had this complaint, should eat only of one dish at a meal, that is, only one sort of animal food; he may eat any vegetables of a mild kind, but he should eat only one meal in a day.

He inculcates great caution, with regard to wine and other fermented liquors, except small beer. When the whole substance of the body is in a manner degenerated into the gout, he tells us, it cannot be conquered without a total abstinence from all kinds of fermented liquors, how small and smooth soever they may be; in as much as all liquors of this kind contain a pungent spirit.

At the time of a paroxysm, he advises that the patient should avoid a hot regimen; and

medicines that inflame the blood. He recommends rest, and an abstemious regimen, at its commencement; and exercise, temperance, and mild tonics, after its decline, to prevent a return. If a gouty patient has any other complaint, in consequence of a cold, or a retrocession of the disorder, he treats it as if it sprung from any other cause.

Sydenham laboured under the gout thirty-four years, and fell a victim to it at last: it may, therefore, be doubted, whether he is a proper oracle to consult on this occasion. His unparalleled zeal and exertions in the cause of medical science, are entitled to the warmest gratitude; otherwise we might be tempted to exclaim, Physician, heal thyself.

It is more natural to consult Cornaro, though not a professional man; who cured himself of the gout and a complication of diseases, at the age of thirty-five, by temperance and exercise; and enjoyed uninterrupted health, unless when he deviated from this regimen, till he was upwards of a hundred years old. Cheyne, Cadogan, and Darwin, also cured themselves of the gout, by means of abstinence; but had slight returns of the

disorder, as often as they deviated from their adopted plan; which has sometimes been found as efficacious in the epilepsy, and many other obstinate complaints, as in the gout.

These, and other modern authors, bear testimony to the truth of that opinion, so repeatedly delivered by the ancients, that the gout is a curable disease. Musgrave, in particular, relates the case of a gentleman who had lived intemperately many years, and had many severe fits of the gout; which caused a considerable number of remarkably large chalk-stones. Being reduced to poverty, he turned brick-maker, for the sake of earning his bread; and was surprisingly benefited by his constant employment. His appetite returned; but he had scarcely any thing to eat. He became athletic; and, what is still more remarkable, his chalk-stones utterly vanished; and in this temperate way he lived many years.

We have, therefore, ample reason to conclude, that every recent case of gout is curable; and that almost every case, however inveterate, will admit of considerable relief, provided the patient will submit to a

proper regimen ; but nothing more than a mere palliative can be expected from the physician alone,

*Dum medicas adhibere manus ad vulnera pastor
Abnegat, aut meliora deos sedet omnia poscens.*

LISTER.

Lister, whose observations on this disease were published in 1694, makes a proper distinction between the gout and the rheumatism ; and justly remarks, that the former is principally confined to the joints ; but the latter, though somewhat akin to the gout, as far as regards the pain, is nevertheless different in other respects, since it is wont to afflict the intervals of the joints, as well as the joints themselves, with the most excruciating tortures.

He strenuously contends, and supports his opinion by the authority of the ancients, as well as by his own multiplied experience of many years, that the gout is curable, not only when recent, but even when inveterate ; and that there is no branch of the medical profession in which physicians may be more

useful, in whatever stage or condition of the complaint they are consulted.

He notices the sentiments of Mayerne on this subject ; who justly censures the physicians of his time, for expressing an opinion of the gout being incurable, as those of our own day have too often done ; and thinks it is because they are more solicitous about their own fame, than the welfare of their patients, that they are more anxious to relieve their present complaints, than about restoring them to perfect health.

He observes, that Hippocrates directs a medicine which purges downwards, to be exhibited when the pain comes on, without waiting for a remission of the disorder ; and afterwards whey and asses milk, which the ancients accounted purging medicines ; which our own countrymen daily experience them to be, to their sorrow, and sometimes to the infinite detriment of consumptive patients, or those recovering from other diseases. This practice of giving mild cathartics after powerful ones he commends, as Fernelius had done before, in his comment on the same passage.

He ridicules the opinion of Sydenham, that bleeding is not proper for persons ad-

vancing in years, because it weakens the digestion, by diminishing the animal spirits. This notion of the animal spirits, and the loss of them by bleeding, he considers as only an old woman's story ; and a shelter for ignorance.

He ridicules the doctrine of Sydenham and his followers, that although you must never move the stomach or bowels of a gouty patient, you must move his whole frame ; and make him ride on horseback, or in a carriage, when his pain is so violent that he is only fit to be confined to his bed. He affirms, that in old people as well as in young, moderate and timely venesection, by relieving the oppression of the precordia, and the plenitude of the vascular system, removes inflammation of the joints, together with the pain and symptomatic fever ; and, if practised at the commencement of a fit, will cut short the disease.

He also maintains, in opposition to Sydenham, that emetics and cathartics are necessary, both as a prevention, and cure of the gout ; and that no harm is likely to accrue from them, unless they are of an improper kind, or administered at an improper season.

He sometimes ordered bleeding to be repeated within the three first days ; and sometimes prescribed a mild emetic and cathartic in conjunction. The mingled virtues of such a composition bear a great resemblance to those of the Eau Medicinale, the celebrated nostrum of the present day.

*has medicine does harm when the gut is going off, & purging
emetics would also do harm then.*

BAGLIVI.

Baglivi, who, towards the latter end of the seventeenth century, published his treatise on the Moving Fibre, revived the doctrine of the methodical physicians ; exploded the visionary notions of the chemists and the humoral pathology ; and brought about an important revolution in the healing art. This idea was suggested to him by attentively perusing the works of Hippocrates ; and observing that he prescribed such remedies, in general, as act on the solids ; and not on the fluids but by their intervention. This is the great principle, the firm and immoveable basis, on which his whole system is founded.

He was of opinion, and in this opinion he is ably supported by Hoffman, that the causes of disease are situated in the solids rather than

in the fluids, in consequence of a fault in their tone, elasticity, or structure ; or an alteration of the equilibrium between the solids and solids, or the liquids and solids, rather than in acids and alkalies, and molecules in the blood and other humours.

He particularly alludes to the relaxed tone of the parts affected, in consequence of the violent and long-continued pain of the gout ; which, he observes, is sometimes so great as to cause a luxation. He considers that disorder as the offspring of sloth and intemperance ; and exercise, temperance, and sobriety, as the natural cure of the complaint. As an auxiliary to this plan, he particularly recommends the use of gentle cathartics.

His theory, that diseases are owing to the fibres being too tense or too lax, and to the want of a just equilibrium between the propelling power of the solids and the circulating fluids, has given birth to almost all the modern systems, from Boerhaave's doctrine of the rigid and lax fibre, to Cullen's doctrine of excitement and collapse, and the sthenic and asthenic diathesis of Brown.

He was a great admirer of our illustrious countrymen, Bacon, Harvey, and Syden-

ham, whose works he diligently read ; and a fellow of the Royal Society, who did him and themselves honour, by enrolling his name among those of their foreign correspondents. From Bacon he learned the art of induction ; from Harvey the circulation of the blood ; and from Sydenham the only rational treatment of inflammatory fevers, by the antiphlogistic plan.

MUSGRAVE.

Musgrave attributes the gout to a peccant acrimonious matter in the blood ; no wonder, therefore, that with other humoural pathologists, he recommends flannel ; which is allowed by the most eminent practitioners in general, only to add fuel to fire ; and aggravate the disease.

He admits that bleeding is necessary, at the commencement of a regular fit of the gout, if there is a considerable accumulation of blood in the part affected, attended with excruciating torture ; particularly when there is a sense of weight or pain in the head, or a vertigo. He also observes, that it is customary with some people, when the pain

and inflammation are violent, to apply a leech to the swelling; that this remedy is commonly of great service, as it carries off the disorder the right way; and that cupping does the same thing. He sometimes ordered blisters.

Here it is natural to feel some degree of surprise, at the coldness and indifference with which he speaks of the application of leeches; and that he does not strenuously recommend, as a general practice, and enforce, as far as his influence extends, what he confesses is commonly of great service; and carries off the disorder the right way. Instead of this, local depletion, by leeches or cupping, seems to have originated from the patient; and not from the physician; who does not appear to have ever recommended the practice.

In the hip-gout, indeed, he recommends cupping, in those who are full of blood; and Submuriate of Mercury, with Resin of Jalap, Scammony, or some other active cathartic, to be given at proper intervals, if there is no contra-indication. He also recommends perpetual blisters; or other stimulants externally applied.

He is of opinion, that nothing is of more advantage in a fit of the gout than abstinence, as far as the strength of the patient will permit; and declares, that those who indulge their appetites at this crisis, and live freely, will have reason to repent it. He sometimes ordered blisters. He disapproves of cold drinks during the fit; and reprobates the officious interference of those meddling quacks, who plunge the affected limb into cold water, to ease the pain; declaring, that they kill numbers of gouty people by such repellents.

In the wandering gout, he recommends bleeding and purging; to be repeated as occasion requires. In what are called chalk-stones, he recommends an abstemious diet and exercise; and expresses a wish, that in order to eradicate an hereditary taint of the disorder, people would be as solicitous about the rearing of their children, as they are about rearing their game-cocks, their horses, and their dogs.

He thinks nothing so conducive towards preventing the gout, as a strict attention to regimen, particularly with regard to diet and exercise; but above all, he cautions those who wish to preserve themselves, and their

offspring, from that disease, to beware of ardent spirits, which destroy more than the sword.

He once more condemns the practice of repelling the gout by cold applications, and plunging the diseased limb into cold water, though sanctioned by the Greeks and Romans; and though many people have been cured by that method, while others have fallen victims to it. He asserts, that it has frequently been followed by a series of inexpressible sufferings; and even by death.

He observes, that the irregular gout is so different in different subjects, and at different times in the same subject, from the difference of the parts affected, as well as from its various causes and complications, that it may be considered as so many distinct disorders: it is, therefore, only reasonable that they should be called by their respective names. Sydenham tells us, that when the gout is translated to the lungs, it should be treated as a peripneumony; and Cheyne tells us, that when it is translated to the head, it should be treated as a phrenitis. This is, therefore, a real conversion of the disease; and it is absurd any longer to call it the gout.

In such cases, after evacuations, Musgrave recommends not only warm applications to the extremities, but also the most heating internal medicines; a practice of which the safety may well be doubted. In similar cases, Boerhaave recommends blisters for the thighs, and fomentations, and other stimulants, for the feet; and directs the patient to walk as much as he can. He then advises him to go to bed, and promote a gentle perspiration by some diluting drink; and observes, that when the pain seizes the lower extremities, the head and other vital parts are relieved.

CHEYNE.

Cheyne, who was born and educated in Scotland, attributes almost all the diseases of Englishmen, and the shortness of their lives, to intemperance. This opinion he confirms by observing, that almost all their diseases are relieved by evacuations. Bleeding, cupping, blistering and glistering, vomiting, purging and sweating, are the refuges to which an Englishman flies, in most disorders; and seldom flies in vain.

Evacuations, however, are not the only

remedies to which Englishmen have had recourse; as the writings of Sydenham and Huxham, and many other authors, testify. Oliver, a physician of considerable talents, who practised in London, and published a Practical Essay on Fevers in 1704, says, “ I cannot imagine that any habit of body requires such vast quantities of spirits, powders, and cordials, as are too frequently prescribed among us here in England, and no where else.

“ It is no uncommon practice for some men, who are fond of their warm medicines, to mistake a small hypochondriacal fever for what they call malignant; because, in such cases, the pulse is somewhat quick, low and weak, and the habit of body warm, and this they call a fever of the spirits; so to work they go, with their cordial bezoardic bolusses, juleps, blisters, &c. and thus the fire is blown up in a little time, which would have gone out of itself in a few days, had more temperate methods been used. Hence a fever is formed in all its circumstances; and the patient falls a sacrifice to the mistake of his physician. The heart loses its motion; and

the blood congeals, even under the unhappy operation of the warm cordials."

Cheyne tells us, he knew some eminent physicians, who entertained so little regard for Sydenham's opinion, that they never scrupled to drive off a fit of the gout from themselves, or their patients, by strong, quick, and active purges; which they repeated every morning while the disorder lasted, taking an opiate at night; and afterwards, a warm and gentle aperient occasionally, till their constitution recovered its strength.

He mentions one instance, in which rhubarb, taken every morning for six weeks, prevented the gout for years; and several in which the same effect was produced by flowers of sulphur, taken twice a day. When the fit was over, he recommended the cold bath, and other tonics.

He expresses an opinion, that Sydenham had been the cause of a great error in the treatment of the gout, by forbidding almost all evacuations, either in the fit, or in the intervals, for fear of weakening the constitution. Cheyne thinks it as safe to give a gentle cathartic to a gouty patient, in the inter-

val of a fit, as to any other person ; and that it is not only safe but necessary, in order to lengthen the interval.

He thinks, however, that nature ought no more to be disturbed in her operations at the time of the fit, than at the time of menstruation ; but this opinion was only a remnant of ancient prejudice, which the progress of medical science, and time, the discoverer of truth, have in some measure dissipated. Menstruation is a natural and salutary process ; but the gout is a disease.

HOFFMAN.

Hoffman recommends cupping, at the sole of the foot, every three months ; and declares he has not only known it prove serviceable in many other persons, but received great benefit from it himself. He also recommends gentle cathartics at the approach of the fit, which is discoverable by an unusual lassitude, restlessness, and heaviness of the head and limbs, to assuage the violence of the pain. He likewise recommends mild sudorifics.

BOERHAAVE.

Boerhaave ascribes the gout to an indulgence in rich foods, and strong fermented liquors, as well as to many other causes, such as a sudden check of perspiration in the feet; and thinks it of the same nature, from whatever source it proceeds.

Among other proximate causes of this affection, he, as well as other authors, enumerates great fatigue, violent passions of the mind, whether attended with pleasure or pain, the operation of a cathartic, and a damp and cold air; so that the north wind scarcely blows, but these valetudinarians have a fit of the gout.

He observes, that a man who has a fit of the gout in the spring, commonly continues in good health through the summer; but about the end of August, he is troubled with an oppression in the stomach, and eructations; that he is full wind, and crudities; and in that case, it is a common saying, that he will have the gout. He then becomes costive, his perspiration is checked, especially that of his feet; and Boerhaave declares he

has never known the gout attack any one, while he continues to perspire. First the feet become dry, then varicose; and these symptoms take place within a day or two of the seizure.

He says, the gout has hitherto been commonly supposed to be incurable, unless by a few empirics. Sufficient evidence, however, has already been adduced in this treatise to prove the contrary. The most eminent physicians have, in general, been most inclined to believe that it admits of a cure; and even Boerhaave himself asserts, that if the patient will live abstemiously, he will not be tormented with this disorder.

He sometimes directed arthritic subjects to be bled, a month or two before the fit of the gout was expected; and has known it prevent the complaint. He also recommended cathartics, and abstinence from wine, and rich or high-seasoned food; which will either prevent an attack; or prevent the patient from suffering much pain.

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MEAD.

Mead is of opinion, that the gout is the offspring of luxury and intemperance; and that it is an effort of Nature to throw off an intolerable load from the general habit, depositing it on the joints; he therefore considers it as a salutary disease, and one that must not be mitigated by cold applications. Nevertheless he admits, that when the pain is violent, and especially when it is attended with delirium, or difficulty of breathing, the loss of blood is necessary; and that if the patient is comatose, the operation ought to be repeated. He declares he has very frequently observed, that physicians are too fearful of evacuations in the gout; and that the worst which can happen, from bleeding in this disorder, is the removal of it from one part to another; which, in many cases, is evidently of great advantage. He disapproves of opiates, unless in cases of vomiting or purging; and thinks arthritic subjects do not bear cathartics so well as venesection.

In a retrocession of the gout, he directs bleeding, and a mild dose of some warm ca-

thartic. He also recommends cordials ; and blisters to be applied to the extremities.

At the first attack of the complaint, when the stomach feels cold and torpid, he recommends wine, spirits, and aromatics ; but it is much safer to take weaker and more diluted liquors, such as water-gruel, or wine and water, made as warm as occasion may require, and apply hot flannels externally to the part affected.

He is of opinion, that the gout is curable in those who are not advanced in years ; and whose strength is not broken down by the disease. In such cases, he orders a milk and vegetable diet ; and water as a beverage to quench thirst ; allowing them a small quantity of tender animal food once a day. He enjoins constant and moderate exercise ; and declares, that by this method he has known some people remain free from the gout for life, and attain a green and pleasant old age ; so important is temperance, and a life consistent with the laws of nature.

OLIVER.

Dr. Oliver of Bath, who followed the example of his predecessors in this kingdom, and still adhered to the doctrine of the humoral pathology, which Baglivi had endeavoured to explode half a century before, paints the gout in such colours, as will not recommend a natural cure to any rational inquirer. He represents the gouty matter as becoming acrid, tearing the vessels to pieces, curdling the synovia, and turning it into chalk ; causing an anchylosis of the joints, and inflaming and ulcerating the skin.

He also represents concretions as forming themselves in the interstices, and even in the substance of the muscles and tendons ; and depriving the patient of the use of his limbs. This is also depicted in pathetic terms, by several other writers on the gout ; which is an inducement to many rational practitioners to deviate from Sydenham's injunction, in the present instance, and encroach on the prerogative of nature ; who so often appears inadequate to the task of carrying off the gout by insensible perspiration.

The following description, which Dr. Oli-

ver gives, of the gout, is sufficient to deter us from trusting to a natural cure, till we are convinced that all the resources of art are exhausted. He takes for his motto :

*Nec, quia desperes invicti membra Glyconis,
Nodosa corpus nolis prohibere podagra.*

He observes, that in a regular fit of the gout, the pain and fever last till the arthritic matter is expelled. The poor sufferer is then blessed with repose; a blessing sweet, indeed, but of short duration! The same tragedy is acted again the following night, and every night in succession, till there is not sufficient gouty matter left to supply another fit; when health gradually returns, to make the wretched patient amends for the torment he has endured.

Dr. Oliver's treatise is principally confined to the use and abuse of the Bath waters in gouty cases. He does not give explicit directions for the treatment of patients labouring under the paroxysm; but lays down excellent rules for the management of such valetudinary habits, in the intervals of the disorder. His observations, however, tend greatly to dispel those fears and doubts,

concerning medical interference in arthritic complaints, which Sydenham, and other modern authors, who wrote on the subject, have excited.

He gives particular directions for preparing these patients, in order that they may bathe with safety and advantage. He tells us that the sanguine, florid, and plethoric, will bear many and large evacuations; and is so far from thinking that we are only to evacuate what is concocted, and not what is crude, as Hippocrates and Sydenham inculcate, that he has adduced persons of gross habits, and unsound viscera, stuffed with full meals, and inflamed by spirituous liquors, as objects that peculiarly require such preparation.

He admits that there are some people of a slender habit, pale complexion, and cold constitution, who are unable to bear any evacuation at all; but, with respect to others, he advises us to unload the body of all gross and superfluous humours; to cool it by temperate diet, and to take off the viscosity of the fluids as much as possible, before bathing is attempted.

He draws a hideous picture of the prevalence of the gout in modern times, its early

appearance, and its extensive ravages ; owing to the universal increase of luxury among the rich, and the lust of gin among the poor. The valetudinary offspring of such debauched parents, arrive at the imperfections of sixty years of age, before they can really number twenty-one.

*Ætas parentum, pejor avis, tulit
Nos nequiores, mox daturos
Progeniem vitiosiore.*

He observes, that when the appearance of this distemper is thus premature, it seldom preserves its original form. Its intervals are short and irregular ; and the weak frame is soon destroyed by its violence.

By viscosity of the fluids he seems to mean siziness, a sure criterion of the phlogistic diathesis, whatever some speculative theorists have fancied to the contrary ; but not always requiring a repetition of bleeding ; for even when a disease is gradually subsiding, and yielding to the antiphlogistic treatment, the last blood is frequently more sizzly than the first, which proves the humoural pathology to have no foundation in truth.

Oliver thinks spring and autumn the most

proper seasons for Bath ; and not the depth of winter, when pleurisies, peripneumonies, and other inflammatory disorders are epidemical ; unless an arthritic patient prefers the interest of the doctor to his own. Those who have gone through that salutary process in the spring, will be prepared for sea-bathing in the summer ; which will brace and strengthen their solids ; and impart fresh vigor to their whole constitution.

In the deaf, or, as some call it, the dumb gout, that is, the gout attended with little or no pain, such as occurs in cold, relaxed, and leucophlegmatic habits, he recommends Bark, Steel, and Bitters, to warm and invigorate the constitution ; and, when the swelling has subsided, local bathing of a temperate heat, and gentle friction twice a day, to complete the cure,

In inveterate cases of the gout, where the patient is crippled, and studded with concretions, he recommends bathing, in moderation, beginning with the temperate sort, pumping, and rubbing ; which may be assisted by some liniment, of a penetrating and stimulating virtue.

He alludes to two remarkable cases, in

order to prove the possibility of restoring the use of the limbs, when it has been long lost by the severity of the gout. One is that of Mr. Long, whose case is recorded by Dr. Pierce and others; the other is that of Sir Cordel Firebrass, who was then living, and owned with gratitude the beneficial effects of warm bathing. He also observes, that many others, of less note, might be produced.

In the nervous, or flying gout, he recommends the Cross Bath, as an auxiliary to such tonics and astispasmodics, as the state of the disorder may demand.

In cases of indigestion, and loathing of food, where a patient is teased with heart-burn, and racked with wind, he agrees with Cheyne, that vomits are not only safe but necessary; in order to clear the stomach of tough and viscid phlegm, with which it is loaded; and of the bilious and acrid juices which it contains.

He deprecates the rash and absurd custom of flocking to Bath every year; and trying to bring on that bitter remedy, a fit of the gout, by strong stomach wines, as they are foolishly called; and by drams that would burn up a salamander.

He concludes with observing, that bleeding, vomiting, purging, diaphoretics and diuretics, are sometimes necessary, to assist nature in the expulsion of the morbid matter; that high-seasoned food and inflaming liquors are always improper, often dangerous, and sometimes fatal, to gouty patients, and that hot baths will generally relieve, and sometimes cure, most chronic complaints, particularly the gout when not in an inflamed state; but that so powerful an alterative ought not to be trifled with, nor to be ventured on without due preparation.

CADOGAN.

Cadogan, who published in the year 1771, recommends a mild laxative, in a fit of the gout, in order to alleviate the pain; and a larger dose, if the strength of the patient admits, and the exigency of the case requires it. He allows only slender nourishment, and if the spirits sink a little, he advises the patient to bear it, as conducive to his advantage. In young and vigorous subjects, he thinks there is no danger in taking away a little blood. This he thinks much

better than giving cordials ; or permitting the disorder to take its natural course.

He maintains that the gout is not incurable, though often attempted in vain ; that it has been frequently cured by a milk diet ; and, if not cured by medicine, is more easily and more perfectly curable, than almost any other chronic disease. This he confirms by his own experience, in his own person ; having not only got rid of the gout, of which he had four severe fits in his younger days ; but emerged from the lowest ebb of life to which a man could possibly be reduced, by colic, jaundice, and a complication of complaints ; and recovered perfect health, which he had then uninterruptedly enjoyed more than ten years.

He is one of the latest writers on the complaint, having published his pamphlet in 1771 ; yet he tries to persuade his gouty patients, that little or nothing was known on the subject before he took up his pen ; that the public have no rational ideas, and cannot see farther than the length of their noses ; that no other physician had made any serious attempt to cure the disorder, and that every thing was reserved for him.

He also pretends to be more disinterested and independent than other authors who had written on the gout; and that no other writer had dared to tell such bold truths; and to divulge the secret, that intemperance was the cause of the disease.

This assertion proceeded either from gross ignorance, or wilful misrepresentation; of which the preceding pages furnish abundant proof. In short, his whole treatise is little better than an advertisement, or a handbill; and savours more of the arrogance of an empiric, than the modesty of a learned man, and fellow of the College of Physicians.

It has, however, some merit as a compilation; but, instead of strutting in borrowed feathers, he should have acknowledged his obligations to the different writers from whom he drew his resources. It is, indeed, probable that, like Brown and Kinglake, when he boasts of his performance, it is to prevent his readers from noticing the plagiarisms, or suspecting the theft.

It has been already remarked, that he recommends the antiphlogistic plan, in the gout; but he observes, the general practice

is quite the reverse. Cordials, and strong wines, and other stimulants, are given to keep the disorder out of the stomach; instead of which they only add fuel to the fire, and aggravate the disease.

He strenuously maintains, that the gout almost always admits of considerable relief, if not of a perfect cure; and that medical men should not be tame spectators on such occasions, or indifferent to the sufferings of their patients; but employ such means as reason dictates, and the healing art affords.

His theory concerning the disorder is highly absurd; but his work contains many valuable practical observations. Among others, one is, what Cheyne had stated before, that it is strange people should prefer violent artificial methods to the simple and easy methods of nature; and chuse rather to take a vomit or a purge than a walk, and to wear a perpetual blister, rather than to make use of their limbs. This, however, must be understood of the means necessary to be employed in the intervals of the gout, and not in the fit. He will not allow that any man is temperate, who eats till he produces pain, or distension, in

the stomach ; or who drinks wine every day ; or at all, unless medicinally, or now and then, for the sake of society or good humour.

CAVERHILL.

Caverhill is of opinion, that the gout is not owing to a disease of the fluids, but of the solids ; and this accounts for its being an hereditary disorder ; for the solids are more permanent than the fluids, which are quickly changed, and undergo a perpetual renovation.

He considers a cohesion of the small arteries, rendering them impermeable, as the cause, and rest as the cure of the gout ; that an indolent and inactive life relaxes the solids, and causes an accumulation of the fluids ; and that the gout is an effort of nature to rejuvenate the body, to restore the permeability of the arteries, and to renew the circulation of the blood.

This idea of the rejuvenescence of the human frame, from a life of ease and retirement, and a paroxysm of the gout, is not likely to be realized ; it is more likely to be realized by a life of temperance, and by a life of alternate labour and rest. The gout

is not likely to grind a man young ; but it is likely to bring on premature old age, premature decrepitude, premature decay, and untimely death.

Caverhill tells us, that chalk-stones in the gout are composed of the earthy matter which the brain secretes from the blood, for the support of the solids ; that this earth descends through the nerves in a highly diluted state, and passes through the muscles to the bones, where it is naturally deposited ; and that the brain is sometimes in so morbid a state, as to secrete amazing quantities of this matter. This is a strange hypothesis ; but, if it is well founded, I cannot help suspecting, that a little of the said earthy matter descended from the Doctor's brain through the nerves, and trickled into his pen, when he wrote his book.

He justly remarks, that as, in the first fits of the gout, the pain in the extremities relieves the morbid affections of the stomach, so, in inveterate cases, the sickness, and other affections of the stomach, invite the arthritic complaint from the extremities to that organ ; that sickness destroys the sensibility of the nerves, and diminishes the force of the heart,

in a greater degree than any other affection ; and that the more intense the sickness is, the pulsations of the heart will be more feeble, and the circulation of the blood the more slow. He also remarks, that constipation, and induration of the feces, are very apt to take place in gouty habits ; and, unless removed by timely remedies, to lay a lasting foundation of disease.

He observes, that no disorder has been left so much to nature as the gout ; although it is evident that no one requires so much assistance from art. He recommends Opium as an anodyne, without hinting, that it is dangerous while inflammation runs high ; and the limb to be wrapped in fine wool and oil-skin, though he acknowledges it exasperates the pain.

The principal remedy, however, which he extols, is Moxa, or the down of Mugwort, applied in the form of a cone, with its base to the part where the pain began. This is set on fire at the top, and gradually burns down to the skin. The skin is cauterized ; but if the pain of the gout is not taken off by the first incineration, the burning is to be renewed to the fourth time ; or till the arthri-

tic pain is removed, and the person can boldly set his foot to the ground.

The following is the history of the operation given by Sir William Temple; which was performed upon himself, in the fifth day of the paroxysm; when the violence of the pain had already abated, and there only remained a swelling and soreness, with inability of motion.

“ Upon the first burning I found the skin shrink all round the place, and whether the greater pain of the fire had taken away the sense of a smaller or no, I could not tell; but I thought it less than it had been. I burnt it the second time; and upon it observed the skin about it to shrink, and the swelling to flatten yet more than at first. I began to move my great toe, which I had not done before; but I found some remainders of pain. I burnt it the third time, and observed still the same effects without, but much greater within; for I stirred the joint several times with ease; and, growing bolder, I set my foot to the ground without any pain at all. After that, I had a bruised clove of garlick laid to the place that was burnt, and covered with a large piece of diapalma to keep it fixed

there; and when this was done, feeling no more pain, and treading still bolder and firmer upon it, I cut a slipper to let in my foot, swelled as it was, and walked half a dozen turns about the room without any pain or trouble; and much to the surprise of those that were about me, as well as to my own.

“ For the pain of the burning itself, the first time it is sharp; so that a man may be allowed to complain. I resolved I would not, but that I would count to a certain number, as the best measure how long it lasted. I told six-score and four, as fast as I could; and when the fire of the Moxa was out, all pain of burning was over. The second time was not near so sharp as the first; and the third a great deal less than the second. The wound was not raw as I expected, but looked only scorched and black; and I had rather endure the whole trouble of the operation, than half a quarter of an hour's pain in the degree I felt it the first whole night.

“ After twenty-four hours I had it opened, and found a great blister drawn by the garlick, which I used no more, but had the blister cut, which ran a good deal of water,

but, filled again by the next night ; and this continued for three days, with only a plaister of diapalma upon it, after which time the blister dried up, and left a sore about as big as a twopence, which healed, and went away in about a week's time longer ; but I continued to walk every day, and without the least return of pain, the swelling still growing less, though it was near six weeks before it was wholly gone. I favoured it all this while more than I needed, upon the common opinion, that walking too much might draw down the humour : which I have since had reason to conclude a great mistake ; and that if I had walked as much as I could from the first day the pain left me, the swelling might have left me too in a much less time.

“ I continued well till this spring 1667, when about the end of March, feeling again the same pain, and in the same joint, but of the first foot ; and finding it grow violent, I immediately burnt it, and felt no more pain after the third time ; was never off my legs, nor kept my chamber a day. In these last experiments I omitted the application of garlick ; and contented myself with a plaister of

diapalma upon the place that was burnt; which crusted and healed in a very few days, and without any trouble."

The following account is given by Van Swieten.

"A clergyman inherited this distemper from his father and grandfather. When he was laid up with a very severe fit in Batavia, the metropolis of the Dutch settlement of that name in India, an Indian woman not only promised to give him ease, but also to cure this distemper entirely, provided he would undergo only a gentle burning. He was averse to it at first; but upon his pains increasing, he at last consented. The woman then taking a bit of the Moxa no bigger than a pea, and forming it into the shape of a cone, applied the base to the place where the pain was chiefly felt; then set fire to the apex of this little cone, with a small match of an aromatic twig. Part of the Moxa was converted into ashes; and part remained adhering to the skin; which the humidity that issued from the part had hindered from burning. This burning with the Moxa was several times repeated, though, for the most part, it is only performed thrice; and the whole

operation was finished in half an hour, though he had this remedy applied to several places at once. He said he could observe by his sight, as well as feeling, the quickest motion of the humours underneath the skin; and all his pain abated immediately.

“In the mean time he allows, that the part affected threw out a rank stinking vapour; and that soon after he fell into a continued sound sleep, which he had not enjoyed for several weeks before. Next day, when he walked, he felt nothing of the disorder remaining, but a swelling in the feet; and this also very soon went off.”

Another method of treating the gout, which Dr. Caverhill recommends, is one that is practised by Guest, and other empirics; which is, resolutely to move the joint on the first attack, and to repeat it as occasion requires; persevering in it, till the part is so much strengthened, as to be in no danger of a relapse. In this case flannels are never to be applied; but friction, walking, and other exercise, constitute a part of the plan.

PRINGLE.

Pringle remarks, that the ancients seem not perfectly to have distinguished the gout from the distemper now called rheumatism; by giving the name arthritis to an affection of all the joints, whether the pain arose from a rheumatic inflammation, or a gouty humour. If only one particular joint suffered, the distemper was denominated from the part; hence the terms chiragra, podagra, ischias, &c. all which they considered as species of the arthritis. But as some arthritic pains were observed to be of a different nature from others, they distinguished them according to the different humours, which they supposed to be the cause of the disease. Thus one kind, they believed, depended on the blood; therefore bleeding was recommended as the chief remedy; and in plethoric habits they bled more than once.

Though by making this distinction, the ancients might sometimes treat the distemper now called rheumatism in a proper manner; yet as names are so apt to impose on the understanding, it may be well imagined that

the different kinds of arthritis were often confounded ; and of course unskilfully treated.

In later times, physicians came to consider all pains of the joints as the effects of a rheum, or catarrh. This change of theory had a worse consequence ; for all catarrhus humours being supposed to be of a cold nature, bleeding was forbidden ; and the cure of an acute rheumatism, as well as of the gout, was then attempted without opening a vein. Botallus seems to have been the first who opposed that practice ; and, distinguishing the inflammatory species of catarrh, or what we now call rheumatism, from the rest, declared that repeated bleeding was necessary for the cure.

There is so much analogy between the rheumatism and the gout, that I shall transcribe one more observation of Pringle on the subject. If the rheumatism was attended with acute pains, or swelling of the joints, he bled his patients almost daily, till the inflammatory diathesis, and the pains, were entirely removed, or much abated. He then applied three or four leeches to the part ; and repeated them as occasion required. He afterwards successfully applied a dozen leeches to

the joints affected, for three days together ; beginning the application as soon as the parts began to swell.

He recommends the lowest kind of diet, as Sydenham had done before him, and says, internal medicines avail but little in this disease. The author of this treatise, however, has often known Senna, Hydrargyri Submurias, Magnesiæ Sulphas, and other aperients and antiphlogistics, of great service. He agrees with Pringle, in condemning topical applications in the inflammatory rheumatism, except leeches and blisters.

The chronic rheumatism is in general curable by stimulants, whether internal or external. Among the former may be reckoned Gum Guaiacum and volatiles ; among the latter Linimentum Saponis compositum, Linimentum Camphoræ compositum, or an embrocation consisting of equal parts of Liquor Ammoniae and Spiritus Rosmarini. In some habits the proportion of the former may be increased ; or it may even be used alone ; but this requires caution.

Baths of every sort and temperature are often serviceable in the chronic rheumatism ; particularly the vapour bath ; which ought

to be applied locally, when the complaint is local. Where this cannot be obtained, a fomentation of Chamomile Flowers, in a flannel bag, or various other expedients, such as hot bricks, or a mineral water bottle, filled with hot water, and wrapped in flannel, may be substituted with good effect.

An ointment, composed of three drams of Tartarised Antimony in fine powder, and an ounce of Lard, rubbed into the part affected once or twice a day, till a pustular eruption appears, has cured many of the most obstinate and inveterate cases of sciatica; and of chronic rheumatism in general. I many years ago communicated this remedy to the late Mr. Cruickshank, by whose influence the use of it soon became extensive; but I have lately learned with regret, that some mercenary persons have endeavoured to convert it into a nostrum, under the title of Cruickshank's ointment.

These observations on the rheumatism, I trust, will not be deemed irrelevant, on account of the great affinity which that disorder bears to the gout.

COTUNNIUS.

Cotunnus remarks, that the hip-gout is often occasioned by cold, or the suppression of any customary discharge. He has repeatedly known, in a sciatic, and the gout in the foot, severe pain mitigated by local bleeding; and the disorder, which is otherwise lingering and obstinate, has totally vanished in a few days.

He tells us, it is sometimes necessary to repeat bleeding; and, if the disease should not readily yield, to use two other powerful remedies, as auxiliaries, namely, brisk purging, and friction of the part affected.

He tells us, he has observed a great sympathy between the bowels and the lower extremities; insomuch, that when the patient was costive, the lower extremities were heavy and torpid; and when open, light and active. He recommends riding in a carriage, and electricity. Of the wonderful effect of the latter remedy in sciatic, the author of this treatise was once an eye-witness, in the case of the late Mr. Blount, of Princes-street, Hanover-square; who was then more than eighty years

old. When he left his own house, it was with great difficulty that he got into a carriage with the help of two people; and as soon as he had been electrified, by Mr. Partington, he walked into the same carriage without any assistance; and even without touching the carriage with his hand. The third operation completed the cure.

Cotunnus also recommends blisters to be applied in the course of the sciatic nerves, particularly to the head of the fibula; and that the patient should not sleep on a bed, which aggravates the complaint; but on a straw or hair mattrass.

CULLEN.

Cullen is firmly persuaded, that any man, who in early life will inure himself to bodily labour, and abstain from animal food, will be secure from the gout. He even thinks this plan would prove successful in inveterate cases of that disorder, where there is a predisposing, as well as an exciting cause, were not arthritic patients, in general, unwilling to submit to so much mortification and self-denial. He doubts of the existence of morbid

matter, as the cause of the gout, however ancient such an opinion may be ; and considers it rather as an effect of the disease.

During a paroxysm of the gout, as the body is in a feverish state, he is of opinion that no irritation should be added to it ; and that every part of the antiphlogistic plan should be pursued, except the application of cold ; unless the tone of the stomach is relaxed, or the patient has been much accustomed to strong liquors. In that case it may be necessary to allow him a moderate quantity of animal food and wine.

In the retrocedent, and misplaced gout, he tells us, the disease is to be treated by bleeding, blistering, and such other remedies, as would be proper in an idiopathic inflammation of the same parts.

After proper evacuations, he thinks the common practice of patience and flannel is commendable ; but Heberden, who practised forty or fifty years in this great, luxurious, and gouty metropolis, and had much better opportunities of judging in such cases, was of a different opinion.

He maintains that there are no experiments or observations to show, that the blood of

gouty persons is in any respect different from the blood of other persons ; and that the supposition of a morbid matter, as the cause of the gout, is not consistent with the phenomena of the disease. If morbid matter were the cause of the gout being hereditary, the disorder would appear earlier in life. It is, therefore, to be attributed to debility of the solids ; or some peculiarity of conformation.

He is of opinion, that bleeding is often necessary in fits of the gout, when the pain is acute ; and thinks it will weaken the tone of the parts less, and be less likely to cause a relapse, than the violence of the inflammation, if suffered to continue without a check. Where general bleeding is deemed unsafe, he observes that local bleeding, with leeches, may be practised, and sometimes repeated with advantage.

DARWIN.

Darwin observes, that in young people the rheumatism is frequently mistaken for the gout ; and concludes his section on the diseases of the liver, induced by spirituous liquors,

with the well known story of Prometheus, who was said to have stolen fire from heaven. This, he observes, might well represent the inflammable spirit produced by fermentation, which may be said to animate, or enliven, the man of clay; but the punishment of those who steal this accursed fire, is a vulture gnawing the liver; an allegorical emblem of a drunkard, lingering under a painful hepatic disease.

When the expediency of laying a further tax on the distillation of spirituous liquors from grain, was canvassed in the House of Commons some years ago, it was said of the distillers, "they take the bread from the people, and convert it into poison:" yet is that manufactory of disease permitted to continue, as appears from its annually paying into the treasury almost a million of money. Thus, under the names of rum, brandy, gin, whiskey, usquebaugh, wine, cyder, beer, and porter, alcohol is become the bane of the Christian, as opium is of the Mahometan world.

Evoc, parce, Liber!

Parce, gravi metuende thyrso!

Darwin asserts, that an attempt to procure a paroxysm of the gout by wine, aromatics, volatiles, blisters, or mineral waters, seldom succeeds. He tells us, that in young and strong patients, the gout should be cured by venesection, cathartics, and diluents, and with poultices externally ; but in old persons, or in young where there is not much fever, he thinks it may be sufficient to give aperients, as occasion requires ; and gentle sudorifics, and Bark at the decline of the fit.

He also recommends a gradual diminution of all spirituous liquors, or a total abstinence from them ; as indispensably necessary towards a cure, or an alleviation of the disease.

HEBERDEN.

Heberden observes, that although there is no more reason to consider the gout as a critical discharge of peccant humours, than rheumatism, palsy, or epilepsy, yet some people, on the attack of the disorder, fondly congratulate themselves on the completion of their wishes ; and, during the honey-moon of the first fit, dreaming of nothing but perfect health and happiness, persuade themselves

that they are much the better for it; for new medicines, and new methods of cure, always work miracles for a while.

He also observes, that when the functions of life begin to fail, they flatter themselves they have a lurking gout in their constitution; and that a proper fit of the disorder would restore them to their pristine vigor. This hope, however, he tells us, is delusive; and that however novices in the gout may flatter themselves, those who have laboured under it many years tell another tale.

He says, he has known fits of the gout return for many years; and then he has known them suspended as long, without the least detriment; hence he deems the notion of the necessity of such arthritic paroxysms, and of their affording seasonable aid, a vulgar error; and that we need not be so much afraid of looking out for, and employing such potent medicines, as may be specific antidotes to this specific poison. He declares it would be happy for mankind, if the difficulty of the cure of the gout were as little as the danger.

As an incentive to this pursuit, he observes, that the itch is supposed to be whole-

some in some countries, and an ague in others; and as these opinions are now exploded in England, he hopes the time will come, when a specific for the gout, as certain as those which have been discovered for these two disorders, will shew the safety and advantage of immediately stopping its career, and preventing its return.

He observes, that although the violence of the first pain of the gout seldom lasts twenty-four hours, a fresh pain begins in the same, or some other part, where it continues as long; that a succession of these attacks, for several days or weeks together, constitutes a fit of the gout; that it is apt to relapse, increasing in extent and duration, and that it commonly continues to return during life. He gives a frightful catalogue of diseases, which are the common lot of old gouty people, interrupting all business, disappointing all pleasures, filling up the measure of their miseries, and rendering death itself a desirable event.

Nevertheless, he remarks, there are people who are ambitious of having that disease, because it is a disease of the rich; as the courtiers of Alexander were fond of mimick-

ing his wry neck, and the French, in the time of Lewis the fourteenth, wished to have it thought they had a fistula, because their grand monarque was troubled with that disorder. Had there been a mineral water in France, endowed with the power of giving this disorder, he thinks they would have flocked thither, in hopes of having a fistula, as eagerly as our countrymen flock to Bath, in hopes of having a fit of the gout.

He observes, that by a peculiar fate, more pains are taken to breed the gout than to cure it; that it is looked up to, not as a disease, but as a deliverance; that the love of life, and fear of death, make men unwilling to allow their constitution is breaking, and that for this reason they are ready to impute to any other cause, what, in reality, are the signs of approaching and unavoidable decay.

After expatiating on the mischief which he has known done by Bath waters, aromatics, and spirituous liquors, in inflammatory diseases of various kinds, both external and internal, from a false suspicion of their being a latent gout, he recommends blisters, and other safe remedies, in dubious cases; but re-

marks, that if the danger is urgent, it is far more hazardous to omit bleeding in any other inflammatory distemper, than to bleed in the gout.

He maintains, that it is not a practice attended with any certain and constant danger. He knew one person who was bled, by his own direction, in every fit of the gout, for six and thirty years; and bleeding was a frequent practice with another in the agony of the paroxysm, which it always abated, so as to bring on a sound and refreshing sleep, without any manifest ill effect.

If the lungs are strongly affected, he contends that bleeding is often unavoidably necessary, though we may be sure it is a gouty affection; and he cautions us not to direct Bath waters in any complaints, whether gouty or not, if those waters would be improper in the same complaints, provided they originated from another cause.

He declares his opinion, that if Bath waters, aromatics, and spirituous liquors, have any efficacy in producing the gout, and any salutary power in dislodging that lurking enemy, they have been far over-rated; and that people are easily persuaded to drink

wine in this disease, because they are fond of that beverage.

He remarks, that Sydenham condemns taking away blood in the gout. This assertion, however, is too general; for Sydenham admits, that if the patient is young, and over-heated by hard drinking, a vein may be opened in the beginning of the fit.

Heberden himself is so far from disapproving of this idea, that he thinks it probable a time may come, when the gout may be treated more as an inflammatory distemper than it has hitherto been, and the rheumatism less so; and that the cures of the two diseases may at length approximate.

The most perfect cures of the gout that Dr. Heberden ever witnessed, were effected by a total abstinence from wine, spirits, and animal food; which, in some instances, restored the helpless and miserable patients, from a state worse than death, to active and comfortable life. He mentions the case of Harvey, who, as Dr. Heberden was informed by some of his relations, on an attack of the gout, instantly plunged his leg into cold water. Heberden does not recommend Harvey's example, though he lived to a good old age.

He neither recommends cold water nor flannel; but is of opinion, that the extremes of heat and cold ought to be avoided.

He has known many persons, who, instead of nursing an incipient paroxysm of the gout, resolutely persevered in exercising the limb till they perfectly recovered its use. He thinks the gout should not be considered as a reproach to medical practitioners, till they are permitted to attempt a cure of that disease; nor till they can find gouty patients who will follow their advice.

HUNTER.

Mr. Hunter observes, that the application of leeches to the inflamed part, in the gout, commonly affords relief; and often almost immediately. He gives us to understand, that it is not meant, by this remark, to recommend bleeding in that disease. This was laudable in a practitioner, who was too much occupied in anatomy, physiology, surgery, and natural history, to pay much attention to physic. The question, however, is already determined in favour of the practice, by some of the first physicians that the world has ever seen.

LATHAM.

In the year 1796, Dr. Latham published a treatise on the Rheumatism and the Gout; in which he strenuously contends that these disorders are not, what abundant evidence in his own book incontestably proves they are, of an inflammatory nature.

First, he endeavours to prove that they are not inflammatory, because they are not apt to terminate in suppuration, or gangrene, like an inflammation of the adipose or other membranes; but he might as well maintain, that an inflammation of the brain, the pleura, or the peritoneum, is not an inflammatory disease, when it terminates in an effusion of lymph or serum; or an inflammation of a gland of the lip or breast, when it terminates in scirrhus or cancer.

He is of opinion, that when heat, pain, redness, and tumefaction of the limb, are present, together with rigor, thirst, vomiting, a quick pulse, and other signs of inflammatory action, these are no proofs of the presence of actual inflammation; because we can soon produce the same symptoms by means of a

tight bandage. We have, however, the authority of the best surgical writers, particularly that of Pott and Bell, for asserting, that a tight bandage actually produces inflammation. We have also the authority of Fabricius ab Aquapendente; who, as Pott observes, only repeats the sentiments of Hippocrates and Celsus.

When Dr. Latham affirms that heat, pain, redness, and tumefaction, are not signs of inflammation, it is much to be regretted, that he did not tell us what are signs of inflammation. He allows, that when a tight bandage is applied, the limb swells, feels hot, looks red, throbs, and is exceedingly painful; that the pulse is accelerated, shivering and sickness supervene, and the tongue and fauces become dry; yet, he observes, on removing the bandage, all these symptoms will immediately cease. *Sublata causa tollitur effectus*. If the tight bandage is soon removed, the ill effects of it may soon cease; but if it is suffered to remain on long, abscesses, gangrenes, and other effects of inflammation, will ensue; of which every experienced surgeon has met with too many fatal examples.

Dr. Latham is equally unfortunate in his

other arguments, which he has adduced to illustrate and confirm his doctrine. He says, the passing of a stone from the kidney into the bladder, or of a gall-stone from the gall-bladder into the duodenum, the cholera, or the painter's colic, and other diseases, are occasionally accompanied with the same symptoms; yet, he asserts, that none of us, on that account, ever dreamt of any thing like actual inflammation in such cases. These doctrines are probably derived from the Brunonian school. Amicus Brown, amicus Latham, sed magis amica veritas. Many people have "dreamt" of it, and recommended the antiphlogistic plan. The author of this treatise has sometimes found the antiphlogistic plan indispensably necessary in all those cases; and many other practitioners have done the same.

Dr. Latham, however, goes so far as to attempt to prove a negative, which no logician could ever yet do; and avers, that in the diseases before enumerated, we know for certain, inflammation never happens; nay, he supposes, that even the buffy and sizzly state of the blood, which he admits, will, undoubtedly, sometimes occur in the disorders alluded

to, and in others where there is a strong action of the system, will not be insisted on as an inflammation. If these proofs cannot convince Dr. Latham of the existence of inflammation, it is difficult to conceive what can.

In addition, however, to this evidence, adduced by Dr. Latham himself, he acknowledges, that the causes of the gout and the rheumatism are similar to those which produce other inflammations, such as the vicissitude of seasons, a sudden change of temperature, exposure to cold or moisture after violent exercise, sitting in a strong current of air when the body is heated, wearing wet clothes, or sleeping in a damp bed.

He then once more enumerates all the symptoms of inflammation, admitting that they all attend the rheumatism and the gout; and thinks nothing so likely to relieve either of those diseases, as the antiphlogistic plan. He thinks bleeding would often be of considerable benefit to patients labouring under the gout; it is, therefore, surprising that he has not tried the experiment. Instead of this, he confirms his opinion by observing, that in ambiguous cases, when it is doubtful whether they are gout or rheumatism, and

when it cannot be supposed they are all rheumatism, bleeding never fails to afford relief. He only recommends general bleeding in the acute stage of the complaint, and where the strength of the patient is not much reduced; but thinks he may say, that he has always found the topical application of leeches beneficial. He also recommends cathartics, and such other antiphlogistic remedies as the case may require.

RUSH.

Rush describes the legitimate, or true gout, as an affection of the ligaments of the joints; attended with pain, swelling, and inflammation; and producing fever in the arterial system. He describes the irregular, or illegitimate gout, as affecting the viscera, particularly the liver; and all other parts of the body. He saw one case, in which the disorder, by retreating to the stomach, produced the same burning sensation which is felt in the yellow fever. The patient died two days after, with the black vomiting.

When symptoms of general indisposition portend an approaching fit, he observes, that

the disease may be easily prevented by the loss of a few ounces of blood ; or by a gentle dose of physic. He recommends, also, bathing of the feet in warm water ; and the use of mild anodynes and sudorifics ; and suggests the propriety of an emetic.

In cases of great morbid action, in the vascular system or the viscera, his chief reliance is on bleeding. He considers the popular notion that bleeding disposes to more frequent returns of the gout, as a vulgar error. He states one of the advantages of this remedy to be the alleviation of pain.

He also maintains, that it shortens the duration of the fits ; that it prevents congestion and effusion ; and that it prevents the system from being worn out. He also directs such other evacuations as the nature of the case indicates, and particularly recommends blisters and caustics.

When the morbid action is feeble, he recommends the warm bath, internal and external stimulants, tonics and frictions.

To prevent a return of the tonic gout, or that which is attended with a strong action, he recommends temperance and exercise. He also advises, that the patient should avoid

cold and constipation ; and have recourse to bleeding, and other evacuants, in the spring and fall. To prevent a return of the atonic gout, or that which is attended with a weak action, he recommends Volatile Tincture of Guaiacum, Chalybeates, and a gently stimulating diet. He also recommends that the patient should avoid cold, constipation, and fatigue. He recommends the warm bath in winter, and the temperate or cold bath in summer ; moderate exercise, agreeable recreations, and migration to a warmer climate.

In the year 1804 appeared a work, entitled “ A Dissertation on Gout ; exhibiting a new view of the origin, nature, cause, cure, and prevention, of that afflicting disease :” by Dr. Kinglake, of Taunton.

Quid dignum tanto feret hic promissor hiatu ?

In fact, it is difficult to discover any thing new in this publication ; except a new endeavour ad captandum vulgus ; and a new attempt to persuade the public, that nothing rational had ever been written on the subject before. Similar attempts had been previously made by Cadogan, and Brown.

He pretends that the gout has hitherto

baffled every curative effort of the medical art; and that it has universally been deemed salutary, or incurable; but this is so far from being true, as the preceding pages will abundantly testify, that such assertions can only proceed from ignorance, or misrepresentation.

He affects to fear a vast deal of obloquy, on account of his setting himself up as a corrector of the errors of science, as well as of vulgar notions and popular prejudice; and makes a great merit of trying to establish the truth of positions, which were very well established before he took up his pen. One of them is, that the gout differs in no essential circumstance from common inflammation; another, that its genuine seat is in the ligaments and tendons; and another, that it is never salutary, and ought not to be encouraged, nor even tolerated. By referring to Oribasius, Heberden, Cullen, Darwin, and Rush, it will be seen, that neither of these opinions is new; and that neither of them originated from Dr. Kinglake.

He professes an indifference for individual and academic authority; and a confidence that his doctrine, however it may be assailed from all quarters, on account of its origi-

nality, will stand secure. He even flatters himself, that the statement of facts brought forward in his ephemeral production, will endure as long as the present economy of the universe, or the elements of nature.

It is, therefore, greatly to be regretted, that his book is not written in more intelligible language. He has given an explanation of the words ligament and tendon; and it is hoped, in his next edition, he will favour us with an explanation of the following expressions, which, with others equally mysterious and unintelligible, occur in the course of his lucubration: "motive susceptibility,"—"motive conditions,"—"combustible state of vital motion,"—"admissable significancy,"—"annihilating distribution of inflammatory gout," and "morbid agitation of irritative and sentient powers."

He gravely tells us, that when the formality of science decrees, and popular assent adopts, an incorrect notion of disease, it requires a "more than common effort of intellect," to canvas its merits, and expose its defects. We ought, therefore, to congratulate ourselves, that this arduous task has de-

volved on Dr. Kinglake. He also, as well as Cadogan and Brown, pretends to greater independence of mind, than what falls to the lot of other physicians, and ordinary mortals.

He insinuates that, to the disgrace of medical science, the humoral pathology, and the fashion of treating the gout with patience, flannel, and sedulous stimulation, still prevail; though it is well known they are expressly disavowed by the most eminent modern physicians, particularly by Cullen, Heberden, and Darwin. He even goes so far as to affirm, that the amount of all the speculations of the ancients and moderns is, that indigestion proceeds from the gout; and that it is salutary to expel this disease to the joints. This is letting down the luminaries of the healing art, both ancient and modern, very low indeed; it is, therefore, only justice, to vindicate their characters from that foul and unmerited aspersion.

It is true, in his fulsome dedication to the Duke of Portland, he acknowledges his Grace's "intelligent readiness" to be convinced by proper evidence; but as to medical practitioners, he thinks them dull of appre-

hension, because they are unable to discover any utility in his plan ; or any sense in his lucubrations.

He is rather singular in maintaining, that the gout has its station exclusively in the ligaments and tendons, or, as he expresses it, in the ligamentous and tendinous structure ; and in denying that it may also affect the cellular membrane and the skin. He is also singular, in denominating every sprain of a ligament, or tendon, the gout. According to this maxim, the gout often occurs in the young as well as the old ; and may even happen to a child in the birth.

He is inconsistent with himself when he admits, that the gout may be extended to the muscles ; and too cynical and dogmatic, when he ridicules the terms rheumatism, and rheumatic gout, as puerilities, unworthy of an enlightened age. While such incongruities appear in print, and are widely circulated, we must agree with him, that the Augean stable of medical errors will not be speedily cleansed.

He is so ill-informed as to suppose, that arthritic concretions are of a calculous nature ; and that they are composed of phosphoric acid and lime, brought back from the bone, by the

exhalant vessels of the periosteum of the joint. He also talks of calcareous matter, and osseous secretion; but he should talk less about "hackneyed nonsense; and errors of reason, which debase humanity below the brute creation."

His new method of cure, on which he plumes himself, is as old as Hippocrates; and neither more nor less than constantly drenching his patient with cold water, both within and without; and in all respects, except the two principal, bleeding and cathartics, pursuing the antiphlogistic plan. His remedy differs very little from that of Dr. San Grado. He recommends occasional laxatives, light bed clothes, a room without fire, and ventilation. He also recommends abstinence. By this method it is not improbable he may cure his patient of the gout; or starve him to death.

He tells us, it has hitherto been the custom to attempt the cure of the gout by heat; but he thinks it much better to do just the reverse, and to dissipate the inflammation with all possible dispatch, by means of cold.

Stulti dum vitant vitia, in contraria currunt.

Some strictures on Dr. Kinglake's publica-

tion appeared in the Medical Journal, under the signature of "A Constant Reader." In the first, the author denied the novelty of the remedy; and in a subsequent number of the Journal, Dr. Kinglake declares it had never been his object to assume credit on that account, which is a little remarkable, after all his boasting of a new method of cure; and pretending that no one else had ever written on the subject in a rational way, or treated the complaint in a proper manner.

He allows that Hippocrates had written about distempered heat; but, though he quotes the letter which contains the very passage, he affects not to know, that Hippocrates recommended the copious effusion of cold water in the gout.

He also quotes another passage, in A Constant Reader's letter, in which he alludes to a work of Vander Heylen, on the surprising effects of cold water, in easing the pains of the gout. He also, as well as Dr. Kinglake, laid claim to the discovery of the use of cold water in the gout.

The same author refers to Smith's *Curiosities of common Water*, and to Rigby on *Animal Heat*; in both of which, as well as in

the sixth volume of the Medical Observstions, the local application of cold water in the gout is much extolled. The constant Reader, therefore, severely reproves Dr. Kinglake for his arrogance, in pretending to originality on this occasion; a claim rather to have been expected from Dr. Solomon or Dr. Brodum, than from a learned physician, or an intelligent man.

Other opponents to Dr. Kinglake's unqualified recommendation of this refrigerant plan, have approved in the medical journals; and express answers to it from the pens of Mr. Edlin, of Uxbridge, and Mr. Parkinson, of Hoxton. The former stated two cases, in which it appeared to prove fatal; the latter also thought he saw sufficient reason to condemn the practice.

Dr. Kinglake might have saved himself the trouble of coming forward to correct the errors of science; particularly the humoural pathology; for Mr. Parkinson, who tries to revive it, as coinciding with his own hypothesis, observes, that when he reflects on the strong opposition to that doctrine by Cullen, and considers, that the notion of the gout depending on a morbid matter, is almost uni-

versally rejected, he hesitates at advancing a theory, which will prove so repugnant to general opinion.

His theory is, that the gout proceeds from a saline acrimony, existing in the blood, in such a proportion as to irritate, and excite to morbid action, the minute terminations of the arteries, in certain parts of the body. He candidly confesses, that the humoural pathology of disease, in general, having yielded to the numerous and powerful arguments with which it has been opposed, it is not with the expectation of a prompt and implicit adoption, that he offers this conjecture respecting the proximate cause of the disease. He alludes to one of the most remarkable instances of arthritic concretions on record, extracted from the first volume of the Medical Communications, published by the late Mr. Watson.

The subject of this case had been a free liver in his youth; and became a martyr to the gout so early, that he might have been called an old man at forty. He died of the gout, at the age of fifty years; and had not been able, for a long time, to lie straight in his bed. His legs were drawn up to his

thighs, and his thighs to his belly ; his knees resting on his breast. One of the great toes was found to be much enlarged ; and, upon dissection, the first joint of it was found to be inclosed in a bed of chalky matter, like a fossil shell : but the bone itself was neither increased in size, nor altered in its texture. The joints of the fingers were also swollen and knotty ; every joint resembling a lump of chalk : and Mr. Watson was told, that when he played at cards, he used frequently to score up the game with his knuckles. On the middle of the right tibia, there appeared an oblong tumour, resembling a node ; over which the integuments were very thin, and ready to burst. It was a mere deposition of chalk-like matter, between the skin and periosteum ; and, though thick and large, had not as yet done any injury to the bone.

He had at different times, but more particularly a little before he died, complained greatly of violent excruciating pains in his head ; often imagining that he was falling, or tumbling down headlong. This, of course, led to an examination of the brain. After sawing through the cranium, all round, it was found impossible to remove the bone,

without also dividing the *dura mater*; which being done, the adhesion appeared not to be owing to the extraordinary depth of any of the furrows on the inside of the skull; but to an inflammation, thickening, and induration of the *dura mater*; and this, Mr. Watson says, he thinks, will sufficiently account for those lancinating pains in the head, so grievously complained of. The fasciculated texture, bordering on the sinuses, was remarkably strong. Here the glands, as they are called, were large and very distinct; the brain itself being as firm as wax. The outer surface of the *pia mater* was smeared with a smooth mucous, of the colour and consistence of cream. The *medulla oblongata*, and *medulla spinalis*, were much firmer than any other part of the brain; the *tunica arachnoides* was thickened, harsh, and gritty; and the *glandula pinealis* quite destroyed; nothing remaining, but its membranous coat, filled with concretions resembling very small pearls.

The body, though much emaciated, afforded an appearance of fat under the skin, at least two inches in thickness. The mesentery was loaded with fat. The stomach, and in-

testines, though pale, thin, and greatly distended by accumulated air, afforded no mark of particular disease. The spleen and pancreas were sound; the liver indurated, and of a pale yellow colour; and, with the gall bladder, buried in fat. The kidneys were small in size; and filled with hydatids. The vesica urinaria was thick and contracted; but neither in it, nor in the kidneys, was the smallest particle of concreted matter. When the abdominal portion of the aorta was brought to view by dissection, it was discovered to be ossified the whole way, from the diaphragm to the very termination of the iliac arteries. The valves of the heart, with all the great arteries emerging from its basis, and the whole thoracic portion of the aorta, were perfectly free from ossification. The lungs, though in a soft and pretty healthy state, were not without some slight marks of the disease; as a small stone was found in one of the lobes; but the bronchial glands, accompanying the trachea, were filled with gouty matter. The joints of the lower limbs were so very rigid, that it was not without labour they were put into a situation that would allow access to the abdomen. On exa-

mination, the cause of this contraction appeared to be evidently owing to the state of the ligaments, which were hardened, much thickened, and had lost their polished hue; while the synovia, like a mixture of chalk, oil, and water, was become as thick and as smooth as cream. The cartilages were not much altered; nor were they marked with any grooves or ridges, such as are sometimes seen in gouty joints that have been exercised. From this examination Mr. Watson concluded, that the gouty matter has the strongest tendency towards the extreme parts of the body, and generally fixes in the greatest quantity where the weakest impetus of the circulating fluids is most likely to leave it. It seems, also, to have had a tendency to settle in the most depending parts.

Mr. Parkinson acknowledges, that not only no evidence has hitherto been adduced; but that none is likely to be adduced, to shew in what state, or in what stage of combination, the principles of the lithic, or uric acid, exist in the blood; that, in order to have the least chance of success in such an inquiry, a series of experiments on the blood of healthy, as well as on that of gouty people, would be

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of cold water ; which he considers to be fraught with the greatest danger, as tending to cause the retrocession of the gout. He thinks Dr. Kinglake has not examined the doctrines of the highest authorities in the healing art with sufficient attention, to justify him in speaking contemptuously of their opinions ; and in confounding with popular prejudice, what has received the most solemn sanction of medical erudition.

He observes, that the most celebrated writers on the gout, have particularly noticed its disposition, when suddenly suspended in the part which it first attacks, to affect some vital organ ; and regarded this retrocession of the disease, as a circumstance highly to be dreaded. He observes, that every practitioner, of the least experience, must have seen and seen with alarm, patients labouring under that agonizing complaint, the gout in the stomach ; in which the pale and shrunk countenance, and anxiety of the precordia, portend the most imminent danger.

This alarm, and this danger, as Mr. Parkinson remarks, would never be suspected by any one, who relies on Dr. Kinglake's account of that affection. An uninformed rea-

der, perusing that account, would suppose he was treating of some complaint without pain; and attended with little inconvenience except indigestion. He even specifically states, that an ailment of the stomach may continue to prevail after the extinction of gouty pain; and, as Mr. Parkinson observes, nothing in this account can lead to the necessary caution, and just alarm, which such a case ought to excite.

No mention is made of the anxiety, sickness, and violent pain, spoken of by Cullen; nor of its being one of those symptoms, which are considered as placing the life of the patient in danger; but, on the contrary, neither pain, nor danger, is once mentioned. This affection is given by Dr. Kinglake, as an instance of retrocedent gout, no others being mentioned by him; and it is described in such mild terms, that even if it were probable it would be produced by the immersion which he recommends, it would appear to those who derive all their knowledge from his account, too insignificant to deter them from the practice.

Instead, however, of being so trivial a complaint, it is, as Mr. Parkinson remarks,

one that requires the utmost skill. Sometimes it is an inflammation of the stomach; sometimes a spasmodic affection; and sometimes the iliac passion. Mr. Parkinson, therefore, thinks, that although Dr. Kinglake has recommended the cooling plan, not doubting its efficacy, or its safety in every case, it is so dangerous as not to be justifiable, either in the inflammatory rheumatism, or in the gout; since ill effects have often ensued from that practice, at a distant period of time.

Mr. Parkinson adduces several instances, in which the gout in the extremities was cured by repellents; but, as he remarks, instead of being eradicated, it soon brought on such evils as experience would lead us to expect. In the first case, it fell on the head and caused excruciating pain; in the second, on the mediastinum; and in the third, on the head and heart, followed by death. In the fourth case, it fell on the spine, and all the limbs; occasioning concretions, and, for a time, rendering the patient a cripple.

The last appears to have been Mr. Parkinson's own case; and was the more distressing, on account of his not being able to derive the full advantage from leeches, owing to the

degree of inflammation which they produced. The same circumstance has been remarked in some instances, by other practitioners; particularly by Dr. Haygarth.

Mr. Parkinson concludes with observing, that what Dr. Kinglake represents as light and insignificant, is, in reality, a serious concern; that his practice of extinguishing the gouty inflammation by cold water is extremely dangerous, and highly reprehensible; and that when the disease is repelled from any of the extremities, it falls on others, or on parts which are still more essential to the preservation of life.

He recommends Carbonate of Soda to be taken in the intervals of the gout, as Cullen and others had done before. For concretions he recommends a plaister composed of equal parts of Emplastrum Plumbi and white soap.

TAVARES.

Tavares, a Portuguese physician, to whom Mr. Parkinson alludes, recommended a very different plan; first a drastic purge, and then the liberal use of Peruvian Bark. This plan, on which he bestows a high encomium, as well as others described in the course of

the present work, bears a resemblance to that of Husson ; who, when he extols the virtue of his Eau Medicinale, by no means rejects the advantage of tonics, or other auxiliaries ; but rather enjoins their use.

UWINS.

Dr. Uwins is of opinion, that the gout is not owing to lithiate of Soda circulating in the blood ; but to an irritative action in the part affected, which has the power of generating this substance.

An interesting article appeared, not many years ago, in the foreign journals, relative to the remarkable benefit which the Abbe Maun had received in the gout, from four parts of Hemlock and one of Aconite ; taken at first in small quantities, and gradually increased.

It appears probable, however, on a careful perusal of the case, that no small share of the cure was derived from the constant exercise which he pursued.

At present, the Eau Medicinale swallows up all other remedies for the gout, as the rod of Aaron swallowed up the rods of the magicians. I shall now, therefore, proceed to give some account of that medicine ; extracted

from the original work, and from that of Dr. Edwin Godden Jones.

The Eau Medicinale was discovered about forty years ago, by Mons. Husson, an officer in the French service; who pledges his honour, that it is prepared from one plant; the virtues of which were previously unknown. He also affirms, and endeavours to prove his assertion, that it is a sovereign remedy for the gout; and for almost every other malady to which the human frame is subject.

This medicine has been analysed by Messrs. Cadet and Parmentier, and many other chemists, both in France and England; who have unanimously declared, that it contains no mineral substance in its composition.

The Eau Medicinale is a preparation of considerable efficacy; possessing the properties of an emetic, a cathartic, and a sudorific. It appears also to be endowed with a narcotic virtue; often acting as an anodyne, long before any sensible evacuation takes place.

The discoverer of this celebrated nostrum seems to have been rather too sanguine in his opinion of the medicine, when he thought, that however imprudently taken, it could do

no harm; and some persons who have experienced relief from it, entertain the same favourable sentiments. It is, however, improbable, that this article of the *materia medica* should so far differ from all the rest, as to possess great power of doing good, and to be incapable of doing mischief.

It is also puffed off by the discoverer, as a panacea for the disorders of cattle, as well as for those of men: but he himself observes, that nothing had occasioned so much warmth, nor excited so much prejudice against his medicine, as its property of curing the gout. This prejudice, he tells us, was owing to an opinion which was entertained till the period of his discovery, and supposed to be founded on experience, that it is extremely dangerous to administer any kind of cathartic in a fit of the gout.

Mons. Husson's book, like that of Dr. Solomon, or Dr. Brodum, or any other quack, is a compound of ignorance. It is a miserable specimen of the humoural pathology; and contains many paradoxes, which no one, who is in the least acquainted with medicine, could either assert or believe. It is, indeed, too much to pretend, that a medi-

cine which has, in a short time, destroyed one life, and endangered many, in England, was never attended with the least inconvenience in France.

It appears to be the tincture of a bitter herb in Spanish white wine. This is ostentatiously brought forward as an argument of its being a safe and innocent medicine; an argument which might have some weight, did we not know, by melancholy experience, that many of the strongest poisons in the world are derived from the same source.

There is, indeed, a vast deal of contradiction in Mons. Husson's book; for in one, or more places, he admits, that it had occasioned much clamour; and that one patient, who took more than his strength could bear, fell a victim to his temerity. It was stated by the opponents of Mons. Husson, that long continued vomitings had, in some instances, produced fatal effects. The sale of the medicine was once prohibited; but it was re-established in a few days.

In one place, indeed, Husson tacitly acknowledges that his nostrum is not safe; for he says, he is so far from thinking it an exclusive remedy, or wishing to banish me-

dical men from the chambers of gouty people, that he earnestly wishes them to attend; and that the sick would not take his medicine but under their inspection, and by their advice.

He has inserted a sensible letter, received from Dr. Collet, Dean of Medicine in the College of Troyes; in which he maintains, that the gout is not an incurable disease; that the greatest obstacle to its cure is the fear of checking a humour; and that whether it is recent or inveterate, the healing art offers an infinite number of resources, to repel its attacks, alleviate its tortures, and annihilate the complaint.

It is rather remarkable, that Dr. Jones, who had just been reading this book, should form such a contrast to Dr. Collet; and assert, that although the gout has, in all ages, engaged the attention and researches of physicians, in a greater degree than almost any other disease, yet the afflicted have ever had to lament, that medical science had contributed no effectual means to alleviate their sufferings. He also asserts, that although some methods of mitigating the pain, or re-

moving the fit, had been discovered, they are all uncertain in their effects ; that experience has condemned many of them as dangerous ; and that none of them have failed, in the end, to disappoint the hopes of the patient. He therefore flatters himself, that he shall perform an acceptable service to every person subject to this most distressing and hopeless disease, by announcing the discovery of a remedy, which has seldom failed to relieve the pain of the severest paroxysm in a few hours ; and to remove the paroxysm itself in two or three days ; leaving the health in as good a condition as it was before the attack.

Such is the flattering, but invidious compliment which Dr. Jones pays to Mons. Husson, and his nostrum, at the expense of all the past and present members of the medical profession ; and, though doubtless undesignedly, at the expense of truth.

Dr. Jones, indeed, tells us, that this medicine was at first recommended on account of its evacuating powers ; which, he confesses, it sometimes exerted very violently, both as an emetic and cathartic ; an admission which is fatal to the allegations of its original proprie-

tor, that it could do no harm, for no one can tell what ill effects very violent vomiting and purging may not produce.

Accident, it seems, led to the knowledge of what Dr. Jones calls its most valuable property, that of relieving the gout. Some persons took it during a paroxysm, probably as a cathartic, and were agreeably surprised at finding their pains abate in a few hours; and the fit go off in two or three days, which otherwise, in all probability, would have lasted as many weeks. This is similar to what happened in the Corunna and Walcheren fevers; which were called low, putrid, typhous, malignant, intermittent, and every thing but what they really were, inflammatory. One or two practitioners happened to open a vein; and were agreeably surprised, at discovering that they had cured their patients.

As if a sufficient impression had not yet been made on the minds of his readers, and the merits of the Eau Medicinale d'Husson had not been sufficiently magnified, Dr. Jones once more informs us, that the success of it is singular, and in a disease which has hitherto been considered as beyond the reach of medi-

cine ; and that it relieves the torments of the gout as if by enchantment.

Dr. Jones first became acquainted with the properties of the Eau Medicinale in 1802 ; when he passed the winter at Montpellier, with Mr. Crauford of Auchnames ; who has for many years been dreadfully tormented with the gout. It was made known to them by Dr. Chretien, an eminent physician. He was fearful of recommending it to a person so reduced as Mr. Crauford, on account of the very violent manner in which it sometimes operates ; but introduced to him an old gentleman, ninety years of age, a stout hale man, who, thirty years before, had been cured of the gout in three days, by a single bottle of the medicine, taken at one dose ; had ever since enjoyed an almost uninterrupted state of good health, and walked upwards of two miles to pay Mr. Crauford a visit.

The climate of Montpellier was so favourable to Mr. Crauford's health, that he escaped the gout during the whole winter ; and the account of the medicine which he received in Paris, not corresponding with that given by Dr. Chretien, he no longer felt interested on

the subject ; but in 1805, Dr. Chretien wrote to him, that he had then prescribed it in several cases with success. Mr. Crauford, therefore, procured four dozen bottles of it ; but was prevented from taking it, by his apprehension of danger, till he had suffered many terrible fits of the disorder.

In the summer of 1808, however, being attacked with the gout in both hands, he determined to try the medicine, and as the pain and other symptoms portended a severe fit, he ventured to take the full dose. The consequence was a speedy cessation of pain, and an entire removal of the paroxysm, within forty-eight hours. The only inconvenience attending the operation of the medicine, was considerable nausea ; which came on about seven hours after its exhibition, and gradually decreased ; lasting, on the whole, two days.

Mr. Crauford next gave some of his stock of the Eau Medicinale to his friends, who took it with the same happy result ; and who, from their rank in life, soon caused the virtues of this valuable remedy to be generally known. Many other gentlemen also procured small quantities of it from Paris ;

and several persons in a commercial line, imported large quantities on speculation.

From that period the practice has rapidly increased; and is now widely diffused. Dr. Jones observes, that "it seems now to be ascertained, almost beyond a doubt, that this medicine has the power of relieving a disease, which has hitherto held all medicines at defiance." This is a very modest compliment to the Eau Medicinale, which is certainly endued with the property of relieving the gout; but it is surprising how Dr. Jones, or any other medical practitioner, can possibly be ignorant, that the latter clause of the sentence is an unmerited reflection on other medicines; and a slander on the healing art.

A full dose of the medicine, Dr. Jones observes, commonly relieves the pain in a few hours; and then occasions a considerable nausea; sometimes accompanied with vomiting, and followed by loose stools. It is, however, extremely capricious and uncertain in its effects on the stomach and bowels; and therefore great caution is necessary, not only in the first instance, but also with respect to

the distance of time, and the dose, in which we repeat it.

It is a little remarkable, that almost from the beginning of his book to the end, Dr. Jones alternately tells us of the safety of the Eau Medicinale, and of its alarming effects; and that, in many parts of his work, he gives us particular cautions about this safe remedy, because it is attended with danger. The fact is, Dr. Jones's is a very hasty performance; and it would have been of infinitely more value, had he written more correctly, and not extended it to half the length.

He reminds us of the author described by Pope, who, when he sits down to write, does not know his own sentiments;

And now to this, and now to that side leaning,
Means not, but blunders round about a meaning.

After telling us of the stout, hale old man, who was radically cured of the gout by the Eau Medicinale, and had enjoyed his health, and the use of his limbs, thirty years, he confesses that there are limits to the powers of this singular remedy; and that it does not perform what is called a radical cure of that disease.

He tells us it shortens the duration of the paroxysms, but does not prevent their return; and that some of the patients who have been accustomed to take the medicine, complain of the fits returning more frequently than before. He endeavours, indeed, to account for this circumstance, supposing it to be true; nothing, however can account for such gross and palpable contradictions, as these and others in Dr. Jones's book, but unpardonable negligence and haste.

He so far exaggerates the merits of this nostrum as to tell us, that by means of it, we may almost certainly remove paroxysms as soon as they occur; and concludes his next paragraph with another disparagement of all the other articles of the *materia medica*, by once more telling us, that the gout has hitherto been a hopeless disorder. From this it is evident, that he has never read, or totally forgotten, all that has been written on the gout, from the earliest records of medicine to the present day.

He admits that the cases published by Husson, the inventor of the medicine, are liable to suspicion, but in addition to the remarkable cure of which he was an eye

witness, he mentions another, related by Wolfe of Warsaw. In that case the patient, who had long been subject to the disorder, at the age of sixty enjoyed a high state of health, a ruddy complexion, and the perfect use of his limbs. He tells us one thing which we did not know before, and which all medical practitioners must be glad to hear; which is, that our countrymen have but little curiosity, and entertain a general distrust with regard to nostrums. It is, therefore, sincerely to be hoped, that they will no longer visit the bottle-conjurors who vend such nostrums; but treat them with proper contempt.

It is owing, it seems, to this want of curiosity, and distrust of nostrums, that our countrymen did not sooner notice the Eau Medicinale; and it must be owing to the same cause, that some persons “of considerable rank and consequence” have “tried so many plans of treatment,” and so great a variety of medicines, as they appear by Dr. Jones’s account to have done.

One of them, who had previously tried all the other quacks in London, thought proper to try Dr. Squirrell; who gave him a packet of his Tonic Powders; for which the gouty gen-

tleman gave him a guinea. The next morning, to his great surprise, the doctor's man called on him with a bill of eight shillings, the price of the powders; and when the gentleman observed to him, that he had given his master a guinea, the same fee as he gave his physician Sir Walter Farquhar, the fellow archly replied, "I hope you don't mean to compare Sir Walter Farquhar to Dr. Squirrell!"—The gentleman was so pleased with his shrewdness, that he paid him his demand.

The first account of Husson's Eau Medicinale was communicated to me in the spring of 1810, by Sir Henry Halford; who informed me that he had then known it given in twelve instances of the gout, with decided good effects. I have since conversed on the subject with Sir Joseph Banks and Major Rennell, who confirm the accuracy of Dr. Jones's statement of their cases; which are here subjoined.

"The Right Hon. Sir JOSEPH BANKS, Bart. K. B. may be numbered among the greatest sufferers in gout. He is now in the sixty-eighth year of his age, and was first attacked by the disease twenty-three years ago. As he advanced in life, the paroxysms increased

in number, duration, and severity; so that at last, a great part of the year was passed in suffering, either from the actual presence of gout, or its immediate consequences. By these frequent and terrible attacks, he has become almost a cripple; and his constitution has been nearly destroyed. He has tried every regular plan of medicine, without obtaining any effectual relief. Of late years he has rigidly observed the severest diet, totally abstaining from animal food, and all fermented liquors, which has not had the effect of preventing the returns of the disease; though he thinks that his sufferings would have been still more severe, if he had not embraced and persevered in that system.

“ On Saturday noon, February 17, 1810, Earl Spencer called on Sir Joseph, and found him actually confined to his bed by a violent and decided paroxysm of gout. After the first enquiries, his Lordship began to try him on the subject of the Eau Medicinale, with the remarkable effects of which he had lately become acquainted. Sir Joseph required a great deal of expostulation before he gave way; and at length consented to take the

medicine, more in compliance with his Lordship's wishes, than with any hopes of deriving the smallest advantage from it. In the evening, about ten o'clock, Mr. Home called on him, and found the pulse at ninety-four, and the gout in possession of the left side; beginning at the toe, whence it had progressively seized the ankle, the heel, the knee, the hip, the elbow, the hand and shoulder; and there was every appearance of the disease creeping to the right hand, preparatory to its becoming universal.

“ On Mr. Home leaving him, Sir Joseph took half a bottle of Husson's medicine, without having mentioned his intention of doing so. The effect of it, during the night, was a gradual alleviation of pain, and the gout, first quitting the hand entirely, then the left shoulder, then the elbow, and so on. On Sunday the 18th, the next day, Mr. Home came to visit him: to his great surprise he found the pulse got down to sixty-two, and in every respect natural; and the gout giving way in every joint of which it had taken possession, in the inverse order in which the attack had proceeded.

“Forty-eight hours after the first dose, the remaining part of the bottle was administered; and in the course of the next twelve hours the medicine began to operate, and procured him five evacuations. Until this time it had no perceptible effect, except a slight nausea, not amounting to vomiting.

“On Wednesday the 21st, Lord Spencer saw Sir Joseph perfectly free from all gout, and as well as ever he had been for many years; excepting a slight degree of weakness, which his having had so severe an attack for four days previous to his taking the medicine, sufficiently accounts for.

“About a fortnight afterwards, Sir Joseph was seized with a severe gouty lumbago. He had again recourse to half a bottle of the Eau Medicinale at bed-time; and before morning the pain and every other symptom were entirely removed.”—He now takes twelve drops of the Eau Medicinale every night at bed-time, as an alterative. He lately assured the author of this treatise, that for the space of fifteen months, since he began to take the medicine, he has never been confined a single day; and that his health is regularly improving.

“ Major Rennell, who is now in his sixty-eighth year, and the twenty-seventh of the gout, had a fit of the disorder in the beginning of March 1810: he had it in one hand and one foot. The foot was swelled to a shapeless mass, and the joints immovable; the hand inflamed, and beginning to swell, and the fingers stiff and unpliant. Indications of the disease also appeared on the other hand.

“ He began with half a bottle of the Eau Medicinale d'Husson, and conformed to the directions, save only, that he took it in the day-time, and sat up instead of going to bed. In thirteen or fourteen hours afterwards, the joints of the foot became pliant, and the inflammation was visibly abated. The hand, although better, advanced more slowly towards recovery; perhaps because the disease began there later, and had a course to run. The improvement went gradually on; yet at the end of forty-eight hours, symptoms still remained, particularly in the hand. Accordingly, conforming to the directions, he took a second and smaller dose, that is, one-half of what remained.

“ The foot in about a day after, that is,

three days after taking the first dose, was reduced to its natural size, and nothing but weakness remained; but the hand recovered so slowly, that at the end of the fourth day he judged it proper to take the remaining fourth of the bottle; and by the end of the fifth day the hand was also completely recovered, and no symptoms of gout appeared any where.

“ The medicine had no effect whatever on his stomach; and the slightest possible on the bowels. He felt an unusual degree of lassitude on the evening of the days on which he took the medicine; which might be owing to long fasting. It may, perhaps, be worth remarking, that on one of the days, when the inflammation in the hand was nearly gone, the eating of a moderate dinner, without wine, brought back the swelling and inflammation for some hours. It may be added, that on the first night he had the sweetest sleep that he had enjoyed for a length of time.”

Observations on the Eau Medicinale.

The Eau Medicinale is a medicine of considerable efficacy ; but, in common with all other empirical remedies, it is extolled by its author as a cure for almost all diseases. It is said to be possessed of great powers as an emetic and cathartic, and to be very uncertain in its operation, like Mercury, Antimony, and other Herculean medicines ; and yet not to be attended with any particular danger. This is a paradox which will not readily be admitted in an enlightened age. It is a panegyric to which no other medicine is entitled ; and to which, though it comes from the pen of Dr. Jones, as well as from that of its discoverer, Mons. Husson, the Eau Medicinale has no claim.

No less unmerited is another eulogy bestowed on it by Dr. Jones, p. 32 : “ that whatever habit of body this remedy has met with, and however it may have acted on the stomach and bowels, it has equally succeeded in removing the paroxysm of the gout.” Numerous instances have occurred, in which,

like other medicines, it has been repeatedly administered, but in vain.

Its boasted safety is by no means so great as has been pretended. In a multitude of cases it has caused much alarm, and left injurious consequences behind; in others it seems to have occasioned death. One instance of its deleterious effects was published in the Medical Journal by Mr. Adams, in which an athletic man was so much injured in his health, and reduced in his strength, by its violent operation, that he had not recovered from it at the end of eleven or twelve months; and another, of a still more serious kind, was since published, by the author of this treatise, in the two London Medical Journals, and the Edinburgh Medical and Surgical Journal. It is as follows.

“ TO THE EDITORS, &c.

“ *Fatal Effect of Eau Medicinale.*

“ GENTLEMEN,

“ The Eau Medicinale has acquired a high reputation for the cure of the gout; but the following case in which it appears to have proved fatal, shews the necessity of a little

more caution in the use of that medicine, than has hitherto been observed.

“ I am, Gentlemen,

“ Yours, &c.

“ JOHN RING.

“ *New-street, Hanover-square,* }
January 31, 1811.” }

Mr. Smith, of Bishop's-yard, Charles-street, Grosvenor-square, sixty-five years of age, was troubled with the gout when twelve years old ; and in general had it twice a year, for the last twenty-five years. He frequently had it in his stomach, as well as in his limbs.

In the spring of 1810, he took half a bottle of the Eau Medicinale, which operated as a cathartic; and in the space of twelve hours he was much relieved.

On Sunday, the 25th of November, he was seized with the gout in his foot; but was not confined to his bed. On Wednesday, the 28th, he took half a bottle of the Eau Medicinale, which operated violently as an emetic, cathartic, and sudorific. On Thursday his foot was well; but he complained of a pain in the pit of his stomach, which he could cover with his finger. This

increased till five o'clock, when it became very violent, and continued so during the night; alternately affecting his stomach and his bowels.

On Friday the pain gradually abated; on Friday night the black vomiting came on, and on Saturday afternoon he expired.

The medicine, which seems to have proved fatal in this case, was bought at Mr. Befort's in St. James's-street; and there is no reason to doubt that it was genuine. The mischief seems to have been occasioned by the patient's taking a larger dose than his constitution could bear.

The printed paper accompanying the Eau Medicinale, directs laudanum to be taken when the operation is too violent; but this he neglected."

This case is, in one respect, similar to that mentioned by Rush, in which the black vomit took place. In such instances it appears, from the observations of Rush, and other modern writers, as well as from the burning heat and pain of the stomach, and the vomiting which precede the fatal symptoms, and the sphacelated state of the villous coat of the stomach, on examination after death, that inflammation is the cause of that event.

On the Cure of the Gout.

In the preceding pages, the opinions of the most celebrated ancient and modern physicians are presented to the reader in one view, together with occasional remarks on those opinions; and nothing remains for the author of this treatise but to state what, according to his reason and experience, is the best practice in that painful distemper.

The gout is an inflammatory disease, and, like other inflammatory diseases, can only be cured by the cooling, or antiphlogistic plan; yet, as it seldom or never occurs, but in habits previously debilitated, either by indolence, intemperance, vehement mental affections, or unusual exposure to cold, it requires great judgment and extensive knowledge of the healing art, to carry this plan into execution.

In plethoric habits, and in others when the symptomatic fever is violent, bleeding in the arm is necessary. Local bleeding is necessary in some cases, and advisable in all. This is best done by leeches; but in some

instances, where leeches could not be procured, great relief has been derived from opening a vein in the vicinity of the part affected; or from simple scarification.

Emetics should either not be prescribed in a paroxysm of the gout, or prescribed with great caution. They are particularly dangerous when there is any sign of fulness of blood; or an inflammation of the stomach, which is indicated by sickness, with pain in that organ.

Cathartics are in general useful in the gout; and have furnished the principal materials of the regular, and empirical remedies, for that and other inflammatory disorders, in all ages. They should never be omitted when constipation prevails; nor when the heat of the skin, and hardness of the pulse, indicate that the phlogistic diathesis runs high.

Sudorifics also are sometimes of service in arthritic, as well as in rheumatic affections. They should not be selected from the stimulant, or aromatic kind; nor given in a large dose, to bring on a profuse sweat; but administered in such a manner, as only to promote a gentle perspiration.

The best emetics are the preparations of

Antimony and Ipecacuanha ; the best cathartics are Manna, Salts, Rhubarb, Magnesia, Calomel, Scammony, and Senna. The best sudorifics are Antimonials, or Ipecacuanha, in small doses, volatile salines, tepid diluting liquors, and temperate warmth.

In habits not relaxed by sloth and intemperance, a common Saline Draught is preferable to the Volatile Saline ; but when the patient cannot bear so cold a medicine, a small quantity of Mint or Pepper Mint Water may be joined with it ; or the Volatile Saline may be substituted, either alone, or with ten drops of *Liquor Antimonii Tartarisi*.

Opiates, though endowed with an anodyne, and sudorific property, should never be given till after the remission of the inflammatory symptoms ; unless in conjunction with a cathartic.

The *Eau Medicinale* possesses a combination of the properties of an anodyne, an emetic, a cathartic, and a sudorific ; and though we are not acquainted with its composition, there is no reason why we should not avail ourselves of its virtues.

Mr. Romart, of Chapel-street May-fair, a native of France, who has resided many

years in this country, informs me that he brought a dozen bottles of it to England 35 years ago, and that it was then in esteem in France, as a remedy for the gout ; that some of it was taken by Mrs. Romart's aunt, and the remainder by two of his friends, to all of whom it was of service ; and that he offered part of it to Mr. Crauford, who was dissuaded from taking it by his medical attendant.

It appears to me a much safer remedy than that which had, in a great measure, fallen into disuse, but was revived by Dr. Kinglake ; and which, in addition to other ill consequences, is supposed to have occasioned the death of Sir Michael Le Fleming ; who, whenever he was attacked with a fit of the gout, used constantly to put his feet into cold water before he went to bed. This he practised the night before his decease ; which suddenly took place at the Admiralty, while Lord Howick presided over that department.

Happily the means of relief, in a paroxysm of the gout, are not scanty ; nor confined to nostrums like the Eau Medicinale. On the 25th of November, 1809, I attended Mr. George, a fishmonger, in Tyler-street, who

had the gout to a very severe degree in the first joint of his great toe. It was much aggravated by fleecy hosiery, with which the foot was covered. This I removed; and directed two leeches to be applied to the part affected; which drew a considerable quantity of blood. I also gave him a cathartic; consisting of an ounce and half of strong Infusion of Senna, and two drams of Tincture of Senna, which operated three or four times. In the evening I gave him a Saline Draught; and repeated it every six hours. By this mode of treatment, his disorder was perfectly cured in three days; and when I called on him, I found him standing in his shop, on the wet pavement. The next morning he went to Billingsgate at four o'clock; and has continued to do so ever since; without any return of his complaint.

This patient was about 28 years of age; and had in general, been troubled with the gout every winter for five years. He has since lived rather abstemiously; which has probably had some share in preventing a recurrence of his complaint.

Strict attention must be paid to regimen in the gout; especially during the paroxysm of

the disorder. The patient should then abstain from all sorts of animal food, aromatics, and fermented liquors; and live on Arrow Root, Water-gruel, Panada, Sago, or other farinaceous foods. He should drink some mild diluting beverage; such as Barley-water, Toast and water, or Tea.

During the increase and height of the fit, he should keep his bed; or, at least remain at rest, and in a recumbent posture; but when a crisis has taken place, and pain, and other symptoms of inflammation, abate, advantage may be derived from a slight motion of the joint, or from gentle friction; which may be gradually increased.

Even when the patient is in a state of convalescence, and his appetite is keen, abstinence, or, at least temperance, should be enjoined, and he ought to be very cautious how he indulges himself in the luxuries of the table; otherwise a relapse may take place. Bitters, and other provocatives of the appetite, should either be totally interdicted, or cautiously prescribed. The best tonic, in general, in such cases, is moderate exercise; which, if regularly performed, steadily persevered in, and accompanied with temperance,

will seldom fail to restore perfect health, and invigorate the system.

Such are the dictates of reason and experience; but they must appear strange to a Brunonian, who learns from his master that low-living is the cause of the gout; and that it can only be cured by the stimulating plan. Such a plan was certainly pursued by the founder of that sect; and may be requisite, as the least of evils, in a stomach long pampered with high-seasoned foods, or debauched with wine, and spirituous liquors; but it is an exception to the general rule. Health is preserved, and recovered, by simple fare; and requires no luxury. Luxury is the curse of nations, and the bane of human life,

Heu, quoties fidem,
Mutatosque deos flebit, et aspera
Nigris æquora ventis,
Emirabitur insolens,
Qui nunc te fruitur credulus aurea,
Qui semper vacuum, semper amabilem
Sperat, nescius auræ
Fallacis! Miseri quibus
Intentata nites!

In the intervals of the paroxysms of the gout, no certain rule of diet can be laid

down. The quantity, as well as the quality, of food and drink necessary at such times, depends on the present state of the patient's constitution, the exercise which he uses, and the labour which he is compelled to undergo. Much less, however, is required for the support of the vital powers, than is commonly imagined. The plainest foods are the most innocent; and, as far as circumstances will allow, a preference ought to be given to those of the vegetable kind.

One powerful argument in favour of a vegetable diet in the gout is, that the urine of graminivorous and granivorous animals abounds much less with Lithic Acid, the basis of arthritic concretions, than that of the carnivorous kind. Milk and Whey are wholesome articles of diet in such cases; and the best beverage is water, or table-beer.

The principal prophylactic of the gout is exercise; which must be proportioned to the strength of the patient, and regularly pursued. While the feet are weak and tender, friction may in some measure supply the place of walking; and even in a state of convalescence, it may still be continued with great advantage. Riding on horseback, or in a

carriage, is also a very wholesome exercise ; and a most useful auxiliary for restoring the strength, by promoting perspiration, digestion, chyfication, and the circulation of the blood ; but no exercise is so salutary as walking, and we might say of a convalescent, what Virgil says of Fame,

Mobilitate viget, viresque acquirit eundo.

Nothing shews the advantage of exercise more, than the amazing difference between persons who follow some laborious occupation, especially in the open air, and those who lead an indolent and sedentary life. The former enjoy health and vigor ; while the latter are a prey to hypochondriacal and hysterical complaints, or martyrs to the gout. Exercise, in the opinion of the most eminent physicians in all ages, is our anchor of hope in this disease.

The foregoing method of treatment, and plan of diet, may seem objectionable to a disciple of Brown ; or to any one who has read his works. Brown was first attacked with the gout when he had lived abstemiously half a year ; and in some measure recovered his health on returning to his former stimulant

plan. He, therefore, naturally recommends the same system to others ; but we have the authority of his own biographer, Dr. Beddoes, for concluding, that he fell a victim to his own diffusible stimulants, wine, laudanum, and whiskey ; which ought to be a warning to his followers and admirers.

Felix quem faciunt aliena pericula cautum.

In cases of misplaced, irregular, and retrocedent gout, regard must be had to the age, strength, and constitution of the patient. If the disorder falls on any vital part, bleeding, or blisters, should be employed as freely, as if the same symptoms proceeded from any other cause. It is much more safe to bleed in this, and all other inflammatory diseases, unnecessarily, than to omit that operation when necessary. Blisters may be applied to the part affected, or to the extremities ; or to both.

In cases of nausea, without pain, a mild emetic may be given, or a draught of Chamomile Tea ; and, in cases of constipation, a cathartic, or a clyster. Diaphoretics also are sometimes of advantage in these anomalous attacks ; particularly when the skin is hot

and dry. But no rules can possibly be prescribed for every variety, and complication, of this proteiform distemper. Sedatives, and stimulants, are occasionally indicated by the pulse, and other symptoms; but sound judgment, and an intimate knowledge of the healing art, are indispensably requisite in their use.

The Bath waters have long been held in high esteem, both as an internal and external remedy for the gout. Their tonic virtue, and, of course, their efficacy in removing many of the ill effects remaining after a paroxysm of that disorder, are unquestionable. It may, however, be doubted, whether they possess any specific virtue in that complaint. Dr. Saunders, in his treatise on the liver, says, "I have been frequently consulted by persons, whose appetite and digestion have been much disturbed by a long residence in tropical climates. I recommend to my patient, every morning before breakfast, to dilute the contents of his stomach, by drinking from half a pint to a pint of water, of a temperature from 90 to 114 degrees of Fahrenheit's thermometer; and to take a moderate degree of exercise before breakfast. This

may be done, either in London or at Bath, though I am persuaded, that the benefit derived is by dilution; that tepid water dilutes better than cold water; and that pure water dilutes better than water impregnated with saline, earthy, or metallic matter. I do not, however, mean to discourage invalids from going to places of public resort; which may contribute, by their amusements, to restore a constitution enfeebled by a warm climate, or intense application to business.

“ The chemical analysis of mineral waters has been of considerable advantage; since, besides the discoveries which it has made with respect to the solid contents of many of them, it has also proved, with respect to others, which contain but little solid matter, that it is the quantity of water, and not the impregnating substance, which does good.

“ I believe the experiment of drinking good pump water at home, of the temperature of Bath, Buxton, or Bristol water, has seldom been tried. I have frequently recommended the use of warm water in dyspeptic cases, with much success; and in anomalous gout, it seems to allay the irritation of the stomach, to promote and diffuse a generous

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the same temperature. The steadiness, however, and uniformity of their several temperatures entitle them to some preference; and render them proper to be drank by persons whose stomachs are irritable, and impatient of their contents, and perhaps weakened in their digestive powers by long habits of ingurgitation and gluttony; or from intense application to study, accompanied with a sedentary life."

No physician is more likely to have discovered a remedy for indigestion, than Dr. Saunders; from his long experience and extensive practice in the heart of the metropolis, among dyspeptics from hot climates, and Aldermen of London. It is, indeed, very difficult to conceive a more efficacious diluting liquor for an oppressive load on the stomach, the remains of a turtle-feast, than warm water; aided and assisted by that natural specific, and powerful solvent, the gastric juice. Saline cathartics, or chalybeates, or both, may occasionally be added with advantage; they sometimes operate much better in such a form, than in any other. This is one of the most beneficial effects of modern chemistry; by which we are enabled to

imitate every kind of mineral water ; and to extend the boundaries of the healing art.

An ingenious publication has lately appeared, from the pen of Mr. Moore, entitled a Letter to Dr. Jones, on the Composition of the Eau Medicinale d'Husson ; in which he expresses an opinion, that this medicine is not a simple tincture of one plant, the virtues of which were totally unknown to the ancients and moderns, as Husson affirms ; but a mixture of three parts of Tincture of White Hellebore, and one of Sydenham's Laudanum.

The Tincture of White Hellebore is made, by infusing eight ounces of the root, cut into thin slices, ten days, in two pints and half of white wine ; occasionally shaking the bottle. It is then to be filtered.

Many members of the Medical Society, and others, had declared a suspicion, that no vegetable possessed the united properties of an anodyne, emetic, and cathartic, in an equal degree with this nostrum ; and that it contained Opium, Ipecacuanha, and Elaterium, or some other cathartic, blended in one composition. There is, however, great reason to believe, that Mr. Moore has unveiled the mystery. Hellebore possesses the

virtues of an emetic and cathartic, in an eminent degree; and, when combined with Opium, promises to prove a good substitute for the Eau Medicinale.

As to Husson's assertion, we must agree with Mr. Moore, that very little confidence is to be placed in the honour of an empiric, who boasts that his medicine is of inestimable value, and yet refuses to divulge the secret for the good of mankind. Our own empirics daily impose both on government and the public, in the same manner; and, when they make an affidavit before a master in Chancery, on taking out their patents, sport with the sanctity of an oath, and give in a false specification, that they may still monopolise their nostrums. This is an abuse, that ought to be corrected.

Mr. Moore observes, that Pliny has extolled White Hellebore as a remedy for the gout; and for most of the other complaints, in which Husson states that his nostrum is beneficial.

We learn from Dr. Jones, that this article of the *Materia Medica* had not altogether eluded the researches of the French physicians; one of whom suspected it to be the

basis of the composition; but this opinion was not adopted by the rest of the faculty, because Hellebore is not endowed with the anodyne quality of the Eau Medicinale.

If White Hellebore has fallen into discredit, and been expunged from the dispensaries, as an internal medicine, and if the Eau Medicinale has, in some degree, sunk in its reputation, the fault is not in the remedies, but in those who administered them in too large a dose. The abuse of a remedy is no argument against its use. Henbane and Arsenic are safe medicines in the hands of a skilful physician; while Manna and Magnesia, in the hands of the ignorant and unskilful, are converted into a poison.

The White Hellebore, as well as the black, was in great repute with the Greeks and Romans; and celebrated for the cure of many violent and obstinate diseases. Husson has almost literally copied Pliny, both in the panegyric which he pronounces on his medicine, for the cure of some disorders; and the cautions which he gives, to prevent its exhibition in others.

Having mixed his tinctures, Mr. Moore observed, that the composition became tur-

bid, and deposited a sediment like that of Husson. He has given it to several patients in the same dose with Husson's, and with the same success; it is, therefore, of but little consequence, whether it is identified or not.

Whatever may be the virtues of White Hellebore, great caution is necessary in its use. Woodville, after alluding to its violent operation upwards and downwards, observes, that on opening those who died from the effects of this poison, the stomach discovers marks of inflammation, with corrosions of its interior coat. In this respect also, it agrees with the Eau Medicinale. Though no fatal instance of its ill effects has occurred in my practice, and I had no opportunity of examining the body of the person, who died in consequence of taking too large a dose of this medicine, the acute pain in the stomach, and the black vomit which ensued, are sufficient indications of the mischief produced in that organ; which is similar to what took place in the case of gout related by Dr. Rush; and similar to what takes place in the yellow fever, or any other common inflammatory disease.

Woodville tells us, in almost the same

words with Pliny, that Hellebore was deemed unsafe for those of weak constitutions, as women, children, old men, and those labouring under pulmonary complaints; and that even when given to the robust, it was thought necessary to moderate its violence by different preparations and combinations. He also tells us, that it was frequently observed to effect a cure, not only by its immediate action on the primæ viæ, but also when it produced no sensible evacuation.

It is highly improbable, as Mr. Moore observes, that Husson should ascribe to a newly-discovered plant, the properties of curing melancholy, madness, leprosy, and the lousy disease; but it is natural that he should ascribe them to Hellebore, because they were long ago ascribed to that plant by Pliny. Husson, however, betrays his ignorance in supposing, that the phthiriasis, or morbus pediculosus, may be cured by Hellebore when internally taken. It can only be cured by that remedy, when externally applied.

One remarkable effect of Hellebore, as well as other vegetable and animal poisons, is, that it sometimes occasions an efflorescence on the skin; and a case inserted in the Edinburgh

Medical and Surgical Journal for July, 1811, by Mr. Burroughs of Clifton, shews that the Eau Medicinale does the same.

Mr. Burroughs has published two cases, in both of which the French nostrum nearly proved fatal. It is, however, rather surprising that he could not see a reason, why the Irish Baronet, seventy years of age, who had been troubled with the gout, at various periods, for thirty years, of which his distorted joints bore the most ample testimony, should not have repeated the half bottle of his medicine at the end of six hours. It is slow of operation ; its soporific quality suspending its other qualities, those of a vomit and a purge. This appears evident, from the pamphlet published by Dr. Jones ; and I have received the same information from many persons who have taken the medicine, particularly Major Rennell.

In the first case published by Mr. Burroughs, that of the Irish Baronet, the violence of the operation, by vomiting, purging, sweating, and urine, almost cost the patient his life. Mr. Burroughs found this martyr to his own temerity motionless ; and covered with a cold sweat. He appeared to be in a

dying state; but, by the judicious use of Madeira, and other cordials, he was, at length, with great difficulty restored.

The subject of the other case was Mr. Barry, of Clifton; in whom also the Eau Medicinale produced the most alarming effects; and a considerable aggravation of the disorder, instead of that alleviation, which we were taught invariably to expect by Dr. Jones. In addition to the usual symptoms of sickness, vomiting, and purging, an eruption, resembling the measles, appeared all over his body; which he naturally attributed to the medicine, having had the measles many years before. A few days after, he was seized with a considerable spitting of blood, attended with a wheezing, and sense of suffocation; occasioned by the rupture of a blood-vessel, in consequence, as he supposed, of his violent efforts to vomit. The hemorrhage returned, at intervals, in an alarming degree, for a week or ten days.

Mr. Burroughs next alludes to the experiments of Mr. Home and Mr. Brande on Magnesia, for the relief of calculous complaints; in which it appears to have proved more serviceable than alkalies, though given

in large quantities, by preventing the formation of uric acid. One nephritic patient, who was also much afflicted with the gout, a frequent concomitant of the gravel, had not the slightest symptom of the gout for more than a twelvemonth, while taking the Magnesia; a longer interval of ease than he had before experienced, for the last six years. Mr. Burroughs has found Magnesia, sometimes joined with five grains of Rhubarb, and a grain or two of Ginger, taken twice a day, in as large a dose as the bowels will admit, prove more beneficial than Soda. During the continuance of this plan, his patients have enjoyed so wonderful an exemption from the tortures of the gout, that they could scarcely attribute their relief to a remedy apparently so unimportant.

Gutta cavat lapidem non vi, sed sæpe cadendo.

These medicines, Mr. Burroughs observes, have been already recommended in the gout by other authors. It is difficult to decide, how far the absorbent quality of the Magnesia has any share in preventing an attack of the gout; since it is well known, that any

other purge, whether mild or drastic, taken twice a day, like this, or even once a day, in as large a quantity as the bowels will bear, has frequently produced the same effect.

It is natural to conclude, that it signifies very little in a medical sense, however it may in a moral sense, whether a man lives abstemiously, or turns his body into a sieve; and makes his nourishment run out as fast as it runs in. Such a life is not very reasonable, nor very philosophical, unless it can be proved, that we are born merely to consume the fruits of the earth; but we must agree with Mr. Burroughs, that one who follows this plan, will be under the less necessity of submitting to restraints in eating and drinking; as we must agree with other authors, that one who occasionally takes an emetic, or loses blood, will be less liable to have a fit of the gout.

Mr. Burroughs is right in supposing, that his argument is likely to have some weight with gouty patients. It will certainly have some weight with those, who are resolved to follow their inclinations. The daily use of purging and bracing medicines will, in some measure, palliate their congestion and

indigestion; but can scarcely invigorate the debilitated frame, or restore the miserable patient to his former state of health.

It may be justly questioned, whether there is any more novelty in the Eau Medicinale, as a remedy for the gout, than in Rhubarb and Magnesia. Evacuations in that disease are sanctioned by reason and experience; and would have been more generally sanctioned by medical practitioners, had not the sentiments of Hippocrates been misunderstood. Andry observes, in a letter to Baglivi, that the writings of this great oracle of the healing art, such at least as they are handed down to us, are in some places obscure, and almost unintelligible; but in the 22nd aphorism of the first section, he recommends evacuations, when there is a turgescency of the humours. In compliance with this injunction, the more learned and skilful part of the faculty of Paris, particularly the celebrated Facon, and other court physicians, commonly prescribed an emetic, or a cathartic, at the commencement of the gout; and always with a happy effect.

We learned from Cheyne, that the gout was frequently warded off for years by Rhubarb, or Flowers of Sulphur; and that

some of the most eminent physicians of his day, alternately prescribed purging and anodyne medicines, in defiance of Sydenham, and all his admonitions. The evidence adduced in the preceding pages renders it probable, that Hippocrates, and other ancient physicians, pursued a similar plan. Hellebore was their principal cathartic; and Woodville informs us, it was never administered, even to the robust, but in a state of preparation or combination. Opium, the principal corrector of such deleterious drugs, and the principal anodyne, was as well known to the ancients as to the moderns. It is, therefore, not unreasonable to suppose, that these two herculean medicines were then, as well as now, frequently given in conjunction.

Husson is not entitled to much credit for his discovery. He did not advertise his nostrum as a specific for the gout; but as a panacea for all sorts of diseases; and chance led to the discovery, that it was actually serviceable in the gout. Let us follow his example in one respect, and study the ancients; who, although they did not explore the depths of chemical or botanical science, nor discover the circulation of the blood, were

diligent in their inquiries, and accurate observers of nature. It is, therefore, our interest, as well as our duty, to ruminate day and night on those inexhaustible treasures of learning, which they have left behind them for our instruction; and for the consolation of suffering humanity.

With respect to the Eau Medicinale, I consider the Tincture of Opium as good as Sydenham's Laudanum; and have no doubt but there is a better menstruum for Hellebore than white wine. I shall, therefore, in future, use a Tincture, made by infusing four ounces of the root of White Hellebore, bruised, ten days, in a quart of Proof Spirit; shaking it every day, and filtering it. This will be a more uniform preparation than one made of wine, which is scarcely ever found twice alike; and more consistent with modern practice.

I have given the vinous Tincture with Laudanum; and I have also given it alone, but in smaller doses. I prefer the latter, when there is no particular indication for Opium; and particularly when there is constipation. In one case, that of Mr. Brown, of Booth's-court, Wells-street, half a dram of the Tincture of White Hellebore, administered in a draught, without Laudanum, caused a slight nausea, and produced five loose stools; fol-

lowed by a considerable alleviation of the complaint; and, by gradually diminishing the dose, and taking it as a gentle aperient, he is now in a convalescent state.

How far the Eau Medicinale is to be depended on as a prophylactic of the gout, may be seen by the following case. Mr. Brooks, of the Alfred, in Albemarle-street, has been subject to attacks of the gout, principally in the feet, about twice a year, for the last nineteen years. In October, 1810, he had a slight attack of that complaint; and in November a violent one, in the right hand and arm. The pain was very severe; attended with considerable inflammation, and tumefaction, in the neighbourhood of the joints. His fingers were immoveable; and, the symptoms continuing to increase for three days, he took half a bottle of the Eau Medicinale at nine o'clock in the evening. In five hours he was much relieved from pain; and, to his great surprise, was enabled to reach his toast and water with the hand affected.

At nine in the morning, having had no evacuation, he repeated his medicine. At two he was in a gentle perspiration; and the pain was totally gone. The swelling had considerably subsided; and there was no sign of inflammation, except a small space, about

the size of half-a-crown, at the elbow. Soon afterwards, the medicine began to operate briskly ; and he had nine loose stools. In a day, or two, he was able to shave himself.

This truce, however, was fallacious ; and the fond hope which he entertained of returning health, has proved delusive. He has since had fourteen attacks of his disorder, and taken nine bottles of the Eau Medicinale ; seven bottles having been taken for regular attacks, and two, in small doses, at bed-time, as alteratives. The first six or seven attacks were either totally removed, or considerably relieved, in twelve hours ; the medicine producing gentle perspirations, and acting powerfully on the bowels. It has gradually afforded less relief ; and acted less powerfully as a cathartic.

Having been permitted to see the progress of Mr. Brooks's case, when he had just taken the second dose, I expressed my regret that he had not deferred it, at least, till after the expiration of twenty-four hours ; but he justified himself by saying, that he had taken it in this manner by the advice of a person of great respectability ; and that he thought it necessary, in his situation, on account of the

great inconvenience attending his confinement. I cannot help thinking, however, that in a person of a pallid complexion, and not corpulent, a little more caution ought to have been observed.

About five weeks ago, being seized with the complaint in both feet, and one knee, he took half a bottle as usual; which produced no sensible operation; but about three o'clock on the following afternoon, he felt slight pains about the stomach and chest. Two hours after, he felt a violent pain over the left eye; which extended across the forehead, over the right eye, and continued very violent for seven hours; and then fixed between the eyes.

During the greater part of this time he was delirious. The pain did not entirely cease, for fourteen or fifteen hours. The medicine not operating, he took some Confec-tion of Senna, which has always had the desired effect. He afterwards took the Eau Medicinale as an alterative; and the paroxysm went off in six or seven days.

Since February, he has been subject to sudden and severe pains in the head, confined to a small space; which, for a moment, almost render him insensible. He was never

troubled with these pains, till he took the Eau Medicinale.

As far as I have been able to learn, Mr. Brooks is a temperate man; but temperance is a topic, on which different opinions may be formed. His habits, and situations in life, have been such, as were likely to lead him into temptation. His case bears some resemblance to that published in the Medical Journal by Mr. Adams; in which the patient's constitution appears to have been irreparably injured by the Eau Medicinale.

Any man, who relaxes in his endeavours to avert this disorder, in consequence of Husson's boasted discovery, who lays aside the wholesome restraints which reason and experience have imposed, and has recourse to a system of continual depletion, as a substitute for temperance, ought indeed to be purged with Hellebore; and to be sent to Anticyra, where he can take that simple in perfection. Temperance is the great preserver, and restorer of health; and regimen, which, in the true sense of the word, includes air and exercise, as well as the due regulation of diet, is an object worthy of philosophical

research; and the better part of medical science.

It is the highest object of my ambition, to contribute to the improvement of that science; the perfection of which must be the work of ages.—*Nam multum egerunt qui ante nos fuerunt, sed non peregerunt; multum adhuc restat operæ: neque ulli, nato post mille sæcula, præcidetur occasio aliquid adhuc adjiciendi.*

THE END.

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