

of strengthening medicines; as the Peruvian bark, the elixir of vitriol; warm aromatics, with a due proportion of rhubarb, infused in wine, and such like. His diet ought to be dry and nourishing, such as is recommended in the beginning of the Chapter: and he should take as much exercise as he can bear without fatigue. He should wear flannel, or rather fleecy hosiery, next his skin, and make daily use of the flesh-brush.

Few persons can take such a large quantity as two or three ounces of cream of tartar, as is above recommended: we prefer beginning with half an ounce dissolved in ten ounces of boiling water, in which a few sprigs of mint may be infused; this quantity of the crystals of tartar may be gradually increased to one ounce or an ounce and a half dissolved in a pint of boiling water, to which three or four table-spoonfuls of gin, or the compound spirits of juniper, may be added, and the whole may be taken in the course of a day. This medicine has been given with much success by the late ingenious Dr. Lake, physician to the Westminster Lying-in Hospital, and by the learned Dr. Ferriar of Manchester; the latter sometimes gave half a drachm of the dried powder of golden-rod, which was anciently of great fame in dropsical and nephritic disorders. It acts as a gentle purgative, but does not prove very diuretic.

Fox-glove, by increasing the discharge of the kidneys, having in a great number of instances effected a cure of dropsical affections, we shall insert the formula for taking it in the Appendix: but so dangerous and deleterious a drug ought not to be exhibited without the greatest caution, otherwise incessant vomiting and purging may destroy the patient. Garlic, onions, leeks, mustard, and horse-radish, may be freely used in this disease.

CHAP. XXXVIII.

OF THE GOUT.

THERE is no disease which shews the imperfection of medicine, or sets the advantages of temperance and exercise in a stronger light, than the gout. Excess and idleness are the true sources from whence it originally sprung, and all who would avoid it must be ACTIVE and TEMPERATE.

Though idleness and intemperance are the principal causes of the gout, yet many other things may contribute to bring on the disorder in those who are not, and to induce a paroxysm in those who are subject to it; as intense study; too free a use of acidulated liquors; night watching; grief or uneasiness of mind; an obstruction or defect of any of the customary discharges, as the menses, sweating of the feet, perspiration, &c.

SYMPTOMS.—A fit of the gout is generally preceded by indigestion, drowsiness, belching of wind, a slight head-ach, sickness, and sometimes vomiting. The patient complains of weariness and dejection of spirits, and has often a pain in the limbs, with a sensation as if wind or cold water were passing down the thigh. The appetite is often re-

markably keen a day or two before the fit, and there is a slight pain in passing urine, and frequently an involuntary shedding of tears. Some times these symptoms are much more violent, especially upon the near approach of the fit; and it has been observed, that as is the fever which ushers in the gout, so will the fit be: if the fever be short and sharp the fit will be so likewise; if it be feeble, long, and lingering, the fit will be such also. But this observation can only hold with respect to very regular fits of the gout.

The regular gout generally makes its attack in the spring or beginning of winter in the following manner: About two or three in the morning, the patient is seized with a pain in his great toe, sometimes in the heel, and at other times in the ankle or calf of the leg. This pain is accompanied with a sensation as if cold water were poured upon the part, which is succeeded by a shivering, with some degree of fever. Afterwards the pain increases, and, fixing among the small bones of the foot, the patient feels all the different kinds of torture, as if the part were stretched, burnt, squeezed, gnawed, or torn in pieces. The part at length becomes so exquisitely sensible, that the patient cannot bear to have it touched, or even suffer any person to walk across the room.

The patient is generally in exquisite torture for twenty-four hours from the time of the coming on of the fit: he then becomes easier, the part begins to swell, appears red, and is covered with a little moisture. Towards morning he drops asleep, and generally falls into a gentle breathing sweat. This terminates the first paroxysm, a number of which constitutes a fit of the gout; which is longer or shorter according to the patient's age, strength, the season of the year, and the disposition of the body to this disease.

The patient is always worse towards night, and easier in the morning. The paroxysms however generally grow milder every day, till at length the disease is carried off by perspiration, urine, and the other evacuations. In some patients this happens in a few days; in others, it requires weeks, and in some months, to finish the fit. Those whom age and frequent fits of the gout have greatly debilitated seldom get free from it before the approach of summer, and sometimes not till it be pretty far advanced.

REGIMEN.—As there are no medicines yet known that will cure the gout, we shall confine our observations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and strong, his diet ought to be thin and cooling, and his drink of a diluting nature; but where the constitution is weak, and the patient has been accustomed to live high, this is not a proper time to retrench. In this case he must keep nearly to his usual diet, and should take frequently a cup of strong negus, or a glass of generous wine. Wine-whey is a very proper drink in this case, as it promotes the perspiration without greatly heating the patient. It will answer this purpose better if a tea-spoonful of VOLATILE LIQUOR OF HARTSHORN be put into a cup of it twice a-day. It will likewise be proper to give at bed time a tea-spoonful of the volatile tincture of GUAIACUM in a large draught of warm wine-whey. This will greatly promote perspiration through the night.

As the most safe and efficacious method of discharging the gouty matter is by perspiration, this ought to be kept up by all means, especially in the affected part. For this purpose the leg and foot should be wrapt in soft flannel, fur, or wool. The last is most readily obtained, and seems to answer the purpose better than any thing else. The people of Lancashire look upon wool as a kind of specific, in the gout. They wrap a great quantity of it about the leg and foot affected, and cover it with a skin of soft dressed leather. This they suffer to continue for eight or ten days, and sometimes for a fortnight or three weeks, or longer, if the pain does not cease. I never knew any external application answer so well in the gout. I have often seen it applied when the swelling and inflammation were very great, with violent pain, and have found all these symptoms relieved by it in a few days. The wool which they use is generally greased, and carded or combed. They choose the softest which can be had, and seldom or ever remove it till the fit be entirely gone off. The ingenious Mr. Parkinson recommends relaxing the skin, by wrapping the limb in light wool which has been previously moistened suspending it over the steam of boiling water; over the wool the patient may wear an oil-skin bootskin, which by confining the vapour, will excite a copious perspiration from the exhalants. This practice may be adopted not only with safety but advantage at any period of life.

The patient ought likewise to be kept quiet and easy during the fit.—Every thing that affects the mind disturbs the paroxysm, and tends to throw the gout upon the nobler parts. All external applications that repel the matter are to be avoided as death. They do not cure the disease, but remove it from a safer to a more dangerous part of the body, where it often proves fatal. A fit of the gout is to be considered as Nature's method of removing something that might prove destructive to the body; and all that we can do with safety, is to promote her intentions, and to assist her in expelling the enemy in her own way. Evacuations by bleeding, stool, &c. are likewise to be used with caution; they do not remove the cause of the disease, and sometimes by weakening the patient prolong the fits; but where the constitution is able to bear it, it will be of use to keep the body gently open by diet, or very mild laxative medicine.

Many things will indeed shorten a fit of the gout, and some will drive it off altogether; but nothing has yet been found which will do this with safety to the patient. In vain we eagerly grasp at any thing that promises immediate ease, and even hazard life itself for a temporary relief. This is the true reason why so many infallible remedies have been proposed for the gout, and why such numbers have lost their lives by the use of them. It would be as prudent to stop the small-pox from rising, and to drive them into the blood, as to attempt to repel the gouty matter after it has been thrown upon the extremities. The latter is as much an effort of Nature to free herself from an offending cause as the former and ought equally to be promoted.

If the patient be young and of a plethoric habit, when the pain is very violent, the application of leeches to the inflamed parts will be advisable; and if the patient is restless, thirty or forty drops of laudanum, more or less, according to the violence of the symptoms,

may be taken at bed-time. This will ease the pain, procure rest, promote perspiration, and forward the crisis of the disease.

After the fit is over, the patient ought to take a gentle dose or two of the bitter tincture of rhubarb, or some other warm stomachic purge. He should also drink a weak infusion of stomachic bitters in small wine or ale, as the Peruvian bark, with cinnamon, Virginian snake-root, and orange-peel. The diet at this time should be light, but nourishing, and gentle exercise ought to be taken on horseback or in a carriage.

During the absence of the fit, it is in the patient's power to do many things towards preventing a return of the disorder, or rendering the fit, if it should return, less severe. This however is not to be attempted by medicine. I have frequently known the gout kept off for several years by the Peruvian bark and other astringent medicines; but in all the cases where I had occasion to see this tried, the persons died suddenly, and to all appearance for want of a regular fit of the gout. One would be apt, from hence, to conclude that a fit of the gout, to some constitutions, in the decline of life, is rather salutary than hurtful.

Though it may be dangerous to stop a fit of the gout by medicine, yet, if the constitution can be so changed by diet and exercise as to lessen or totally prevent its return, there certainly can be no danger in following such a course. It is well known that the whole habit may be so altered by a proper regimen, as quite to eradicate this disease; and those only who have sufficient resolution to persist in such a course have reason to expect a cure.

The course which we would recommend for preventing the gout is as follows: In the first place, **UNIVERSAL TEMPERANCE**. In the next place, **SUFFICIENT EXERCISE**. By this we do not mean sauntering about in an indolent manner, but labour, sweat, and toil: these only can render the humours wholesome, and keep them so. Going early to bed, and rising betimes, are also of great importance. It is likewise proper to avoid night studies and intense thinking. The supper should be light, and taken early. All strong liquors, especially generous wines, sour punch, and pickles, are to be avoided.

Celsus strongly recommends muscular exercise; and whoever will submit to it in the fullest extent, may expect to reap solid and permanent advantages.

We would likewise recommend some doses of *magnesia alba* and rhubarb to be taken every spring and autumn; and afterwards a course of stomachic bitters, as tansy or water-trefoil tea, an infusion of gentian and camomile-flowers, or a decoction of burdock-root, &c. Any of these, or an infusion of any wholesome bitter that is more agreeable to the patient, may be drank for two or three weeks in March and October twice a-day. An issue or perpetual blister, has a great tendency to prevent the gout. If these were more generally used in the decline of life, they would not only often prevent the gout, but also other chronic maladies. Such as can afford to go to Bath, will find great benefit from bathing and drinking the water. It both promotes digestion, and invigorates the habit.

Though there is little room for medicine during a regular fit of the gout, yet when it leaves the extremities, and falls on some of the internal parts, proper applications to recal and fix it, become absolutely neces-

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sary. When the gout affects the head, the pain of the joint ceases, and the swelling disappears, while either severe head-ach, drowsiness, trembling, giddiness, convulsions or delirium come on. When it seizes the lungs, great oppression, with cough and difficulty of breathing, ensue. If it attacks the stomach, extreme sickness, vomiting, anxiety, pain in the epigastric region, and total loss of strength, will succeed.

When the gout attacks the head or lungs, every method must be taken to fix it in the feet. They must be frequently bathed in warm water, and acrid cataplasms applied to the soles. Blistering-plasters ought likewise to be applied to the ankles, or calves of the legs. Bleeding in the feet or ankles is also necessary, and warm stomachic purges. The patient ought to keep in bed for the most part, if there be any signs of inflammation, and should be very careful not to catch cold.

If it attack the stomach with a sense of cold, the most warm cordials are necessary; as strong wine boiled up with cinnamon or other spices; cinnamon-water; peppermint-water; and even brandy or rum: sometimes æther is found to be an efficacious remedy in this case. The patient should keep his bed, and endeavour to promote a sweat by drinking warm liquors; and if he should be troubled with a nausea, or inclination to vomit, he may drink camomile-tea, or any thing that will make him vomit freely.

When the gout attacks the kidneys, and imitates gravel pains, the patient ought to drink freely of a decoction of marsh-mallows, and to have the parts fomented with warm water. An emollient clyster ought likewise to be given, and afterwards an opiate. If the pain be very violent, twenty or thirty drops of TINCTURE OF OPIUM may be taken in a cup of the decoction.

Persons who have had the gout should be very attentive to any complaints that may happen to them about the time when they have reason to expect a return of the fit. The gout imitates many other disorders, and by being mistaken for them, and treated improperly, is often diverted from its regular course, to the great danger of the patient's life.

Those who never had the gout, but who, from their constitution or manner of living, have reason to expect it, ought likewise to be very circumspect with regard to its first approach. If the disease, by wrong conduct or improper medicines, be diverted from its proper course, the miserable patient has a chance to be ever after tormented with head-achs, coughs, pains of the stomach and intestines, and to fall at last a victim to its attack upon some of the more noble parts.

The observations of the late Dr. Hamilton, of Lynn, on the cause and treatment of gout, the means he recommends of mitigating the severe inflammatory pain, lessening the duration of the paroxysms, and preventing the rigidity and distressing lameness which remain in many arthritic patients in the intervals of the fits, are valuable and important: being the result of many years' personal experience, we presume they cannot fail to be acceptable to our readers. From the most accurate investigation of the gout in his own person, it appeared evidently to him that the attack was accompanied with symptoms of a highly inflammatory disorder, and, during the commencement of the paroxysm, was as much so as pleurisy, peripneumony, acute rheumatism, or any other phlogistic disease; resembling the acute rheumatism more than any other. He had

intense pain, great heat, violent inflammation, fever, and strong, full pulse. To lessen the impetus of the blood, to abate the general tension and inflammation, and to restore the freedom of circulation, Dr. H. took calomel with opium, with the occasional addition of TARTARIZED ANTIMONY and camphire, as circumstances pointed out; and he had recourse to blood-letting in a quantity proportioned to the degree of inflammation and state of the pulse, and always with great relief. The Doctor declares that he never felt any thing like a retrocession of the gout after it.

While the disease remained in the inflammatory stage, this skilful physician took cooling cathartics (as VITRIOLATED MAGNESIA, or VITRIOLATED NATRON, &c. with nitre); and in the decline of the paroxysm, he took warmer eccoprotics, as wine of aloes, not only with safety but considerable advantage.

Medical writers recommend the application of blisters and sinapisms to the extremities when the gout seizes the head, chest, stomach, &c. with a view to make a revulsion from the parts affected. Dr. H., having repeatedly seen the application of blisters attended in those distressing cases with the most happy consequences; observing that, in proportion as an inflammation was excited on the skin by the blister, the pain and other symptoms abated; and as the blister rose and the pain increased they went gradually off; therefore applied PLASTERS OF CANTHARIDES to his feet, on the inside near the ankle; on and near the knees whenever those parts were attacked. The benefit he received from them greatly overbalanced the temporary pain they occasioned. If the blisters were applied over night, the intenseness of the pain and inflammation was gone in the morning, and, as the blisters discharged, entirely went off. As the blisters that were first applied dried up, during the whole fit several others were repeatedly applied. So great was the relief he received from them, that as soon as the pain begun to be intense, with the concomitant inflammation, he directly had recourse to his certain friends the blisters; this was the practice of Dr. H., in his own case, upwards of eighteen years.

If the foot and knee were affected at the same time, he placed the blister above the ankle, on the inside of the leg, on the part where they are generally put in fevers; this place he found more eligible than any other, being fully efficacious in relieving both the foot and the knee.—After the blisters discharged two days, there was something like pus appeared upon their site; then it is that the smell peculiar to the gout takes place in the discharge from them, which the gouty effluvia from the spontaneous discharge of sweat from the feet so strongly exhibits on the decline of a paroxysm. The inflammation and pain on the blisters above-mentioned, and the peculiar smell of their discharge, seem sufficient demonstrations that a great part of the gout is translated from the joints to the blisters, and is there discharged; and are evidences that the disease depends upon fluid matter, SUI GENERIS, which here finds an artificial outlet. Besides the relief from pain and abatement of inflammation afforded by the discharge of the blisters, this discharge is attended with another great advantage; the abatement of tumour occasioned by the infiltration of a serum, or other watery parts of the blood, into the cellular membrane of the diseased part; the absorption of this fluid is certainly promoted by blisters, and great part at the vesicated surface.

Another important advantage is obvious: viz. the great accumulation from this extravasation about the joints is prevented, and that stiffness from the inspissated stagnated fluid about the ligaments, &c. in a great measure removed; at least he found it so in himself, his joints being perfectly free in their motions when he was clear of the paroxysm. May we not infer from this, that a discharge thus procured of the stagnant fluid in the cellular membrane may be in some degree the means of preventing chalky concretions?

Dr. Hamilton is decidedly averse to the application of much external heat in the gout, and even to wrapping the parts thickly in fleecy hosiery, or warm flannel; on the contrary, in all cases of gout, we deem it necessary to keep the surface of the body warm, but more especially the lower extremities, so as to keep up the discharge by the skin. He says acids are not injurious, as is commonly imagined; he always freely used them in his own case.

Dr. H. condemns the practice of giving strong spiritous remedies when the gout attacks the stomach, because he thinks the disease of an equally inflammatory nature wherever situated. But the affection of the stomach so frequently experienced by gouty patients appears to be rather of a spasmodic than an inflammatory nature, and therefore to indicate the use of antispasmodic remedies. Experience, at least, it has been judiciously observed, seems to have decided of their utility in such cases.

When the gout attacks the head or lungs, the aid of a skilful physician ought if possible to be obtained; blood must be immediately taken away, if the state of the pulse and the strength of the patient will permit. If the disease attacks the head, apply a large blister to it: if the attack is on the internal parts, and is attended with vomiting, give half a grain to a grain of ipecacuanha every ten or fifteen minutes, foment the chest with a decoction of camomile-flowers, and rub the parts affected with a mixture of equal parts of the COMPOUND SOAP LINIMENT, commonly called OPODELDOC, and VITRIOLIC ETHER; immerse the feet in warm water; apply sinapisms of oatmeal and bruised garlic, or cataplasms of rye-meal and flour of mustard, to the soles. As soon as the convulsive motions of the stomach subside, give a tea-spoonful or two of vitriolic ether in two table-spoonfuls of the CAMPHORATED MIXTURE, to which may be added tincture of opium and tartarized wine of antimony ten to twenty drops or more: to be given directly, and repeated every two, three, or four hours, or oftener, according to the exigency of the case. The cuticular discharge may also be promoted and the intestines cleansed by POWDER OF ALOES WITH GUAIAECUM ten to twenty grains, antimonial powder three grains to five, mix and form; two to four pills is to be taken at bed-time.

As soon as the abatement of the paroxysms will permit, air, friction by flannel or a flesh brush, muscular exercise, and sea-bathing, cannot be too strongly recommended, as the best means of restoring the strength and of preventing rigidity and thickening of the joints. Much benefit may be derived from drinks impregnated with carbonic acid gas; i. e. water impregnated with fixed air. From one to four or six drachms of powdered ginger boiled in cow's milk have lately been found an excellent preventive. Absorbent powders, consisting of calcined magnesia two scruples, purified kali and powdered rhubarb of each three to five

grains, have likewise been taken every other morning for several weeks with considerable advantage. These, with total abstinence from spirituous liquors, wine, animal food; regular hours, and keeping the feet warm; have restored many helpless and miserable patients to active and comfortable life.

The ingenious Mr. Parkinson recommends occasional doses of prepared natron, with a view of destroying acidity in the stomach, which he considers a principal cause of gout.

An intelligent country physician has lately published a dissertation on this deplorable disease: he asserts—"that gout differs in no essential circumstance from common inflammation; that it is not a constitutional, but merely a local affection; that its genuine seat is exclusively in the ligamentous and tendinous structure;—consisting of active inflammation, assuming every diversity which constitutional and temperamental conditions of life and health may impart to it;—and that, if seasonably and appropriately treated, it is as easily remediable as inflammatory excitement on the muscular, cuticular, or any other description of organic texture." As cold water is an useful application to burns and scalds, instead of combating this formidable and ever-varying malady with alteratives, anodynes, bleeding, blisters and diaphoretics, he says, as the disease is caused by the accumulation of heat, the obvious way of removing it is by the application of the cold. This practice is not new, but we trust it will continue to be rare. The illustrious Dr. Harvey, who elucidated the circulation of blood, lived to complete his seventy-ninth year; yet that elegant and accurate writer, Dr. Atkin, says, that "it is related that, in his paroxysms of the gout, he could not be prevented from plunging the affected joint in cold water."

A few years ago we knew a person who frequently had fits of an hereditary gout: in the thirty-seventh year of his age, he was attacked with the usual symptoms of arthritic inflammation in his feet, and he immersed them in cold water. This experiment shortened the paroxysm, by putting a period to his life.

Linnaeus, whose labours created him a name—"NEVER TO DIE," derived great relief in a severe attack of the gout by eating freely of strawberries: persevering in the use of this fruit every succeeding summer, the recurrence of the disease became less violent, and at length never returned. Two cases however are mentioned by the late Dr. Pulteney, shewing that, wholesome as strawberries are universally considered, they will notwithstanding act as a POISON on some persons; occasioning SYNCOPE, succeeded by petechial efflorescence on the skin.

OF THE RHEUMATISM.

THIS disease has often a resemblance to the gout. It generally attacks the joints with exquisite pain, and is sometimes attended with inflammation and swelling. It is most common in the spring and towards the end of autumn. It is usually distinguished into acute and chronic; or the rheumatism with and without a fever.

CAUSES.—The causes of a rheumatism are frequently the same as those of an inflammatory fever, viz. an obstructed perspiration, the immoderate use of strong liquors, and the like. Sudden changes of

the weather, and all quick transitions from heat to cold, are very apt to occasion the rheumatism. The most extraordinary case of a rheumatism that I ever saw, where almost every joint of the body was distorted, was a man who used to work one part of the day by the fire, and the other part of it in the water. Very obstinate rheumatisms have likewise been brought on by persons not accustomed to it allowing their feet to continue long wet. The same effects are often produced by wet clothes, damp beds, sitting or lying on the damp ground, travelling in the night, &c.

The rheumatism may likewise be occasioned by excessive evacuations, or the stoppage of customary discharges. It is often the effect of chronic diseases which vitiate the humours; as the scurvy, the lues venerea, obstinate autumnal agues, &c.

The rheumatism prevails in cold, damp, marshy countries. It is most common among the poorer sort of peasants, who are ill clothed, live in low damp houses, and eat coarse and unwholesome food which contains but little nourishment, and is not easily digested.

SYMPTOMS.—The acute rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, thirst and other symptoms of fever. Afterwards the patient complains of flying pains, which are increased by the least motion. These at length fix in the joints, which are often affected with swelling and inflammation. If blood be let in this disease, it has generally the same appearance as in the pleurisy.

In this kind of rheumatism the treatment of the patient is nearly the same as in acute or inflammatory fever. If he be young and strong, bleeding is necessary, which may be repeated according to the exigencies of the case. The body ought likewise to be kept open by emollient clysters, or cool opening liquors; as decoctions of tamarinds, cream of tartar, whey, senna-tea, and the like. The diet should be light, and in small quantity, consisting chiefly of roasted apples, groat-gruel, or weak chicken-broth. After the feverish symptoms have abated, if the pain still continues, the patient must keep his bed, and take such things as promote perspiration; as wine-whey, with SPIRITUS MINDERERI (i. e. water of acetated ammonia). He may likewise take, for a few nights, at bed-time, in a cup of wine whey, a drachm of cream of tartar, and half a drachm of gum guaiacum in powder.

Warm bathing, after proper evacuations, has often an exceeding good effect. The patient may either be put into a bath of warm water, or have clothes wrung out of it applied to the parts affected. Great care must be taken that he do not catch cold after bathing.

The CHRONIC rheumatism is seldom attended with any considerable degree of fever, and is generally confined to some particular part of the body, as the shoulders, the back, or the loins. There is seldom any inflammation or swelling in this case. Persons in the decline of life are most subject to the chronic rheumatism. In such patients it often proves extremely obstinate, and sometimes incurable.

In this kind of rheumatism the regimen should be nearly the same as in the acute. Cool and diluting diet, consisting chiefly of vegetable substances, as stewed prunes, coddled apples, currants, or gooseberries boiled in milk, is most proper. Arbuthnot says, "If there be a specific in aliment for the rheumatism, it is certainly whey;" and adds, "that he knew a person subject to this disease, who could never be cured by any

other method but a diet of whey and bread." He likewise says, "That cream of tartar in water-gruel, taken for several days, will ease rheumatic pains considerably." This I have often experienced, but found it always more efficacious when joined with gum guaiacum, as already directed. In this case the patient may take the dose formerly mentioned twice a-day, and likewise a tea-spoonful of the volatile tincture of gum guaiacum, at bed-time, in wine-whey.

This course may be continued for a week, or longer if the case proves obstinate, and the patient's strength will permit. It ought then to be omitted for a few days and repeated again. At the same time leeches or a blistering plaster may be applied to the part affected. What I have generally found answer better than either of these, in obstinate fixed rheumatic pains, is the WARM PLASTER (see Appendix). I have likewise known a plaster of Burgundy pitch worn for some time on the part affected give great relief in rheumatic pains. My ingenious friend, Dr. Alexander of Edinburgh, says he has frequently cured very obstinate rheumatic pains by rubbing the parts affected with tincture of cantharides. When the common tincture did not succeed, he used it of a double or treble strength. Cupping upon the part affected is likewise often very beneficial, and so is the application of leeches.

Though this disease may not seem to yield to medicines for some time, yet they ought still to be persisted in. Persons who are subject to frequent returns of the rheumatism, will often find their account in using medicines, whether they be immediately affected with the disease or not. The chronic rheumatism is similar to the gout in this respect, that the most proper time for using medicines to extirpate it, is when the patient is most free from the disorder.

Some arthritic and rheumatic affections give way to tar-water, persisted in for some time; considerable benefit may also be derived by taking the alterative pill mentioned in the Appendix.

To those who can afford the expence, I would recommend the warm baths of Buxton or Matlock in Derbyshire. These have often, to my knowledge, cured very obstinate rheumatisms, and are always safe either in or out of the fit. When the rheumatism is complicated with scorbutic complaints, which is not seldom the case, the Harrogate-waters, and those of Mossat, are proper. They should both be drank and used as a warm bath.

There are several of our own domestic plants which may be used with advantage in the rheumatism. One of the best is the white mustard. A table-spoonful of the seed of this plant may be taken twice or thrice a-day in a glass of water or small wine. The water-trefoil is likewise of great use in this complaint. It may be infused in wine or ale, or drank in form of tea. The ground-ivy, camomile, and several other bitters, are also beneficial, and may be used in the same manner. No benefit however is to be expected from these, unless they be taken for a considerable time. Excellent medicines are often despised in this disease, because they do not perform an immediate cure; whereas nothing would be more certain than their effect, were they duly persisted in. Want of perseverance in the use of medicines is one reason why chronic diseases are seldom cured.

Cold bathing, especially in salt water, often cures the rheumatism. We would also recommend exercise and wearing flannel next the skin. Issues are likewise very proper, especially in chronic cases. If the pain affects the shoulder, an issue may be made in the arm; but if it affects the loins, it should be put into the leg or thigh.

Persons afflicted with the scurvy are very subject to rheumatic complaints. The best medicines in this case are bitters and mild purgatives. These may either be taken separately or together, as the patient inclines. An ounce of CINCHONA (Peruvian bark,) and half an ounce of rhubarb in powder, may be infused in a bottle of wine; and one, two, or three wine glasses of it taken daily, as shall be found necessary for keeping the body gently open. In cases where the bark itself proves sufficiently purgative, the rhubarb may be omitted.

Such as are subject to frequent attacks of the rheumatism ought to make choice of a dry, warm situation; to avoid the night-air, wet clothes, and wet feet, as much as possible. Their clothing should be warm, and they should wear flannel next their skin, and make frequent use of the flesh-brush.

CHAP. XXXIX.

OF THE SCURVY.

THIS disease prevails chiefly in cold northern countries, especially in low damp situations, near large marshes, or great quantities of stagnating water. Sedentary people, of a dull melancholy disposition, are most subject to it. It proves often fatal to sailors on long voyages, particularly in ships that are not properly ventilated, have many people on board, or where cleanliness is neglected.

It is not necessary to mention the different species into which this disease has been divided, as they differ from one another chiefly in degree. What is called the LAND SCURVY, however, is seldom attended with those highly putrid symptoms which appear in patients who have been long at sea, and which, we presume, are rather owing to confined air, want of exercise, and the unwholesome food eaten by sailors on long voyages, than to any specific difference in the disease.

CAUSES.—The scurvy is occasioned by cold moist air; by the long use of salted or smoke-dried provisions, or any kind of food that is hard of digestion and affords little nourishment. It may also proceed from the suppression of customary evacuations; as the MENSTRUES, the hæmorrhoidal flux, &c. It is sometimes owing to an hereditary taint, in which case a very small cause will excite the latent disorder. Grief, fear, and other depressing passions, have a great,