

CHAP. XXX.

GOUT.

THERE is no disease which shows 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 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; excess of venery; 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, eructation, 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 remarkably keen a day or two before the fit, and there is a slight pain in passing urine, and frequently an involuntary shedding of tears. Sometimes these symptoms are much more violent, especially upon the 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 spirits 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: equally with any of those advised below.*

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 never remove it till the fit be entirely gone off.

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

* Take Antimonial Powder, 2 grains.
Subcarbonate of Ammonia, 8 grs.
Confection of Roses, enough to make a
bolus, to be taken every third or fourth
hour.

or

Take Solution of Acetated Ammonia,

Camphor Mixture, 3 drachms.
Solution of Tartarized Antimony, 12 drachms.
Syrup of Orange-peel, 12 drops.

Make a draught.

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 fit; 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 medicines.*

The wine of colchicum, or meadow saffron, given in the quantity of a fluid drachm, twice a-day, in any convenient vehicle, has been found a valuable remedy, both in gout and rheumatism; but to render this medicine more certain and efficacious, the bowels should be particularly attended to; and all food of a flatulent nature should be avoided.

Many things will indeed shorten a fit of the gout, and some will drive it off altogether; but few have yet been found which will do this with safety to the patient. In pain 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.

When the pain, however, is very great, and 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.

Out 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

* Take Magnesia, 1 drachm.
Powder of Rhubarb, 8 grains.
Compound Powder of Cinnamon,

5 grains.
Make an aperient powder to be taken occasionally,

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. The use of milk, gradually increased, till it becomes the principal part of diet, is particularly recommended. All strong liquors, especially generous wines and sour punch, are to be avoided.

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 tanzey 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 necessary. 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 ancles or calves of the legs. Bleeding in the feet or ancles is also necessary, and warm

* Some make a secret of curing the gout by *muscular exercise*. This secret, however, is as old as Celsus, who strongly recommends that mode of cure; and whoever will submit to it in the fullest extent, may expect to reap solid and permanent advantages.

† Take Infusion of Calumba Root, 4 oz.
Compound Tincture of P. Bark,
Tincture of Cardamoms,
of each, ½ ounce.
Make a mixture; of which two table-
spoonsful are to be taken two or three
times a-day.

or
Take Subcarbonate of Iron, 2 drachms.
Powder of P. Bark, 1 ounce.
— of Cinnamon, 1½ drachm.
Syrup of Orange Peel, a sufficiency to
form an electuary; of which the bulk
of a nutmeg may be taken twice a-day.

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.* 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. Opiates,† joined with aromatics, or with camphor, musk, or ammonia, may be of service.

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 laudanum 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.

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 extraor-

* Ether is found to be an efficacious remedy in this case.

† Take Opium,	1 grain.	Subcarbonate of Ammonia, 10 grs.
Camphor,	6 grains.	Tincture of Opium, 12 drops.
Aromatic Confection,	5 grains.	Spirit of Sulphuric Ether, 30 drops.
Make a bolus, to be taken occasionally.		Make a draught, to be taken every three hours.
or		
Take Camphor Mixture,	1½ ounce.	

dinary case of a rheumatism that I ever saw, where a most 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.

MEDICAL TREATMENT.—In this kind of rheumatism the treatment of the patient is nearly the same as in an 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 solution of the acetated ammonia, &c.* He may likewise take, for a few nights, at bed-time, in a cup of wine-whey, a drachm of the cream of tartar, and half a drachm of gum guaiacum in powder.

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

* Take Camphor Mixture, 1 ounce.
Solution of Tartarized Antimony, 20 drops.
Solution of Acetated Ammonia, 3 drachms.
Mix them for a draught, to be repeated every four or six hours.
or
Take Compound powder of Ipecacuanha, 10 grains.
Confection of Roses, 12 grains.

Simple Syrup, enough to make a bolus; to be taken every third or fourth hour, washing it down with three table-spoonful of the following mixture:
Take Lemon Juice, 1½ ounce.
Subcarbonate of Ammonia, 1 drm.
Water, 4½ ounces.
Nitrate of Potash, 1 drachm.
Simple Syrup, 2 ounce.
Make a mixture.

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*. 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 part 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.

Blisters are sometimes employed in this complaint; but they appear to be most serviceable in those cases where the disease partakes of the nature of acute rheumatism, or where the pain is fixed in any particular joint; and a repetition of fresh blisters will be preferable to keeping up a constant sore by stimulating the part with savine or other ointments; and produce a greater effect upon the disease.

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.

*Take Olive Oil,
Camphor,
Dissolve, and add,

2 ounces.
2 drachms.

Tincture of Cantharides, 1 drachm.
Solution of Ammonia, $\frac{1}{2}$ ounce.
Make a liniment.

To those who can afford the expense, 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 Harrowgate waters, and those of Moffat, 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 so seldom cured.

The internal remedies most generally recommended in chronic rheumatism are sudorifics, and medicines of a stimulating nature, which abound in essential oils and resins; and therefore volatile alkaline salts, guaiacum, turpentine combined with Cinchona bark, and the like, may be given in any of the undermentioned forms.*

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 shoulders, 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 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.

* Take Oil of Turpentine, 1½ drachm.
Yolk of an egg, enough to mix them,

Then add,
Compound Spirit of Juniper, 1 oz.
Decoction of Bark, 5 ounces.

Make a mixture, of which take two table-spoonful every four hours.

or
Take Rectified Oil of Turpentine,
Spirit of Nitric Ether,
of each equal parts, 1 ounce.

A tea-spoonful to be taken three times a-day in some appropriate vehicle.

or
Take Guaiacum, in Powder, 6 grains.
Antimonial Powder 3 grains.
Syrup of Ginger, enough to form a bolus
to be taken three times a day

or
Take Ammoniated Tincture of
Guaiacum, 2 drachms.
Spirit of Cinnamon, ½ ounce.
Decoction of Bark, 1 ounce.
Solution of Tartarized Antimony,
24 drops.

Make a draught, to be taken two or three times a-day.

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.

One of the best articles of dress, not only for the prevention of the rheumatism, but for powerful co-operation in its cure, is fleecy hosiery. A medical friend of mine, of long experience and much practice in the isle of Ely, assured me, that the introduction of that manufacture had prevented more rheumatisms, colds, and agues, than all the medicines which had ever been used there. Such of the inhabitants of marshy countries as are in easy circumstances could not, perhaps, direct their charity and humanity to a better object than to the supplying of their poor neighbours with so cheap and simple a preservative. I have even myself experienced the good effects of such warm covering in the rheumatism, to which I was very subject about thirty years ago; but have never experienced any attack of it since I took to warm clothing.

When there are any suspicions of the disease being connected with a syphilitic taint, a long continued course of mercurial alteratives (see *Syphilis*) must be entered upon.

Chronic rheumatism sometimes affects the lumbar region, with an acute pain shooting down into the os sacrum, so that the patient cannot stand upright without suffering considerable pain and inconvenience; nor does he feel any ease when in bed. This affection is known by the name of *lumbago*, and, as it frequently does, when it fixes itself in the hip-joint, it is called *sciatica*. Both of these affections are to be treated in the same manner as chronic rheumatism. In *sciatica* and local pains of the hip and loins, turpentine is often given with relief, as is also guaiacum combined with the essential oil of sassafras; and the external application of the Bath waters have been recommended by Dr. W. Falconer, as affording considerable benefit.

CHAP. XXXI.

SCURVY. (*Scorbutus*.)

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.