

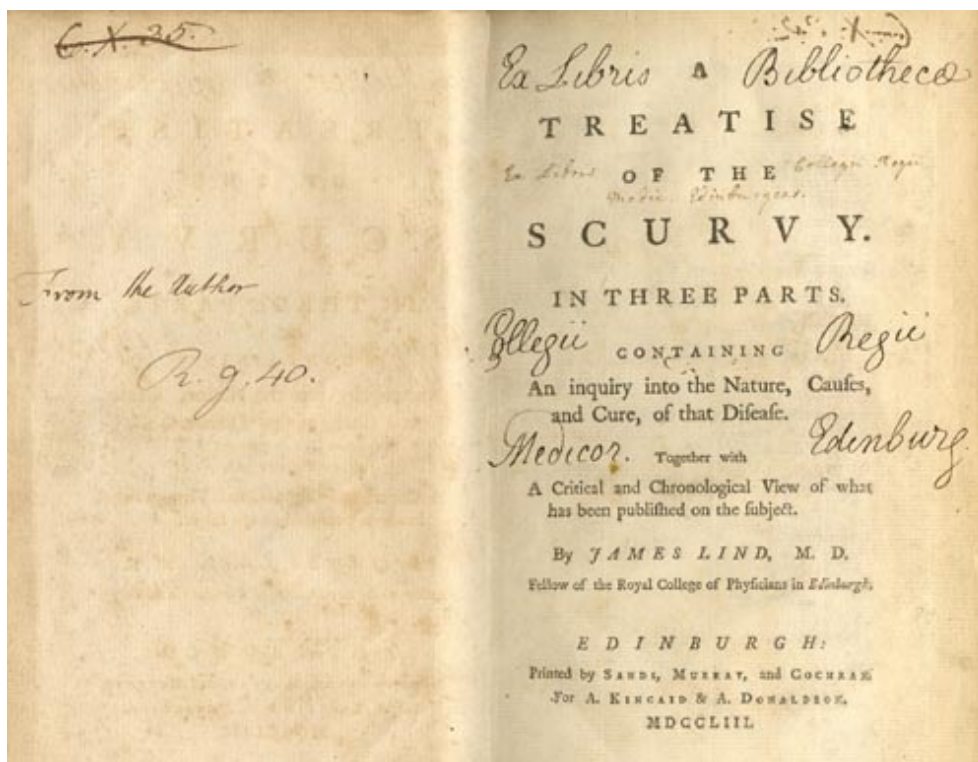
## Records

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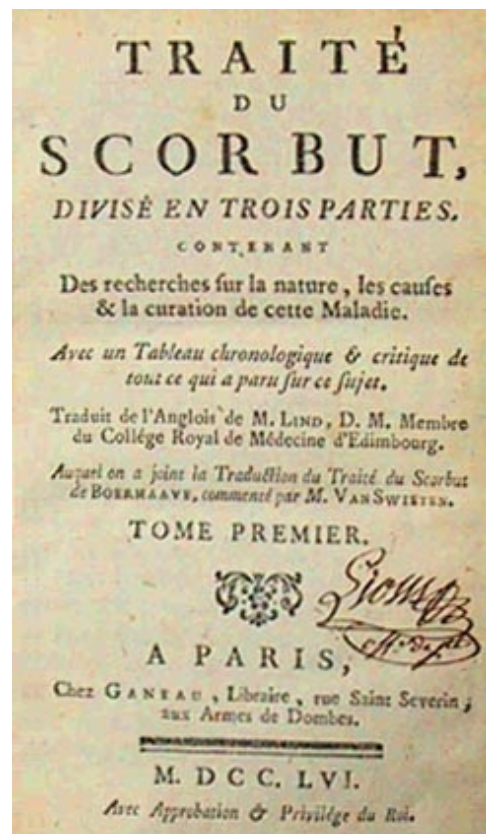
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**Lind J (1753).** A treatise of the scurvy. In three parts. Containing an inquiry into the nature, causes and cure, of that disease. Together with a critical and chronological view of what has been published on the subject. Edinburgh: Printed by Sands, Murray and Cochran for A Kincaid and A Donaldson.

## Title pages



English Edition gifted by author provenance



French Edition

### Key passages

The following are the experiments.  
On the 20th of *May* 1747, I took twelve  
patients in the scurvy, on board the *Salisbury*  
at sea. Their cases were as similar as I could  
have

have them. They all in general had putrid gums, the spots and lassitude, with weakness of their knees. They lay together in one place, being a proper apartment for the sick in the fore-hold; and had one diet common to all, *viz.* water-gruel sweetened with sugar in the morning; fresh mutton-broth often times for dinner; at other times puddings, boiled biscuit with sugar, &c.; and for supper, barley and raisins, rice and currants, sago and wine, or the like. Two of these were ordered each a quart of cyder a-day. Two others took twenty-five gutts of *elixir vitriol* three times a-day, upon an empty stomach; using a gargle strongly acidulated with it for their mouths. Two others took two spoonfuls of vinegar three times a-day, upon an empty stomach; having their gruels and their other food well acidulated with it, as also the gargle for their mouth. Two of the worst patients, with the tendons in the ham rigid, (a symptom none of the rest had), were put under a course of sea-water. Of this they drank half a pint every day, and sometimes more or less as it operated, by way of gentle physic. Two others had each two oranges and one lemon given them every day. These they eat with green-

dinefs,

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dinefs, at different times, upon an empty stomach. They continued but six days under this course, having consumed the quantity that could be spared. The two remaining patients, took the bigness of a nutmeg three times a-day, of an electuary recommended by an hospital-surgeon, made of garlic, mustard-seed, *rad. raphan.* balsam of Peru, and gum myrrh; using for common drink, barley-water well acidulated with tamarinds; by a decoction of which, with the addition of *cremor tartar*, they were gently purged three or four times during the course.

The consequence was, that the most sudden and visible good effects were perceived from the use of the oranges and lemons; one of those who had taken them, being at the end of six days fit for duty. The spots were not indeed at that time quite off his body, nor his gums found; but without any other medicine, than a gargarism of *elixir vitriol*, he became quite healthy before we came into *Plymouth*, which was on the 16th of *June*. The other was the best recovered of any in his condition; and being now deemed pretty well, was appointed nurse to the rest of the sick.

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Next

Next to the oranges, I thought the cyder (g) had the best effects. It was indeed not very found, being inclinable to be aigre or pricked. However, those who had taken it, were in a fairer

(g) *Extract of a letter from Mr Ives.*

I judge it proper to communicate to you, what good effects I have observed in the scurvy, from the use of cyder and sea-water, during the last cruise I made in the western squadron, with my honoured benefactor Admiral *Martin*. But as I do not pretend to have taken notice of any thing, more than merely a palliative benefit from them, I think, without mentioning particular cases, it will be sufficient for me to inform you, that, in our preceding cruise with the western squadron, his Majesty's ship *Yarmouth*, of 70 guns and 500 men, was not only troubled with the scurvy in common with other ships, but, in spite of all my endeavours, lost in it a proportioned number of men. Upon our return from that cruise, I took an opportunity to represent to the Admiral, that as vegetable juices of all sorts were from experience found to be the only true antiscorbutics, and I had myself formerly experienced the good effects of apples, it was reasonable to presume that cyder must certainly be of service. This suggestion agreed with some accounts the Admiral had received from others; and he with great readiness bought, and put under my care, several hogheads of the best *South-Sea* cyder. During the next cruise, each scorbutic patient had daily a quart or three pints of cyder; and as many of them as I could prevail on, took twice a-week three quarters of a pint of sea-water in a morning. In all other respects I treated them as I used to do people in the scurvy; which you well know, from the conversation which has often passed betwixt us on this subject, was with squill vomits, pills composed of soap, squills, garlic, &c. *their vitriol*, and other medicines suited to the different stages and symptoms of the malady. In one word, we had this cruise as many scorbutic patients as any other ship,

in

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fairer way of recovery than the others at the end of the fortnight, which was the length of time all these different courses were continued, except the oranges. The putrefaction of their gums, but especially their lassitude and weakness, were somewhat abated, and their appetite increased by it.

As to the *elixir of vitriol*, I observed that the mouths of those who had used it by way of gargarism, were in a much cleaner and better condition than many of the rest, especially those who used the vinegar; but perceived otherwise no good effects from its internal use upon the other symptoms. I indeed never had a great opinion of the efficacy of this medicine in the scurvy, since our longest cruise in the *Salisbury*, from the 10th of *August* to the 28th *October* 1746; when we had but one scurvy in the ship. The patient was a marine, (one *Walsh*); who, after recovering from a quotidian ague in the latter end of *September*, had ta-

in proportion to our complement of men. But although all the rest buried a great many, some to the number of 20, others 30, 40, 50, and upwards; yet the *Yarmouth* did not bury more than two or three; and these at the latter end of the cruise, all our cyder having been expended for a week or ten days before. Upon our arrival at port, we sent to the hospital a great many in very dreadful circumstances.

ken the *elixir vitriol* by way of restorative for three weeks; and yet at length contracted the disease, while under a course of a medicine recommended for its prevention.

There was no remarkable alteration upon those who took the electuary and tamarind decoction, the sea-water, or vinegar, upon comparing their condition, at the end of the fortnight, with others who had taken nothing but a little lenitive electuary and *cremor tartar*, at times, in order to keep their belly open; or a gentle pectoral in the evening, for relief of their breast. Only one of them, while taking the vinegar, fell into a gentle flux at the end of ten days. This I attributed to the genius and course of the disease, rather than to the use of the medicine. As I shall have occasion elsewhere to take notice of the effects of other medicines in this disease, I shall here only observe, that the result of all my experiments was, that oranges and lemons were the most effectual remedies for this distemper at sea. I am apt to think oranges preferable to lemons, though perhaps both given together will be found most serviceable.

It may be now proper to confirm the efficacy of these fruits by the experience of others.

*What gave occasion to my attempting this work, is briefly as follows.*

*After the publication of the Right Honourable Lord Anson's voyage, by the Reverend Mr Walter, the lively and elegant picture there exhibited*  
of

of the distress occasioned by this disease, which afflicted the crews of that noble, brave, and experienced Commander, in his passage round the world, excited the curiosity of many to inquire into the nature of a malady accompanied with such extraordinary appearances. It was acknowledged, that the best descriptions of it are met with in the accounts of voyages: but it was regretted, that those were the productions only of seamen; and that no physician conversant with this disease at sea, had undertaken to throw light upon the subject, and clear it from the obscurity under which it has lain in the works of physicians who practised only at land. Some time afterwards, the society of surgeons of the Royal navy published their laudable plan for improving medical knowledge, by the labours of its several members; who have opportunities of inspecting Nature, and examining diseases, under the varied influence of different climates, seasons, and soils. I then wrote a paper on the scurvy, with a design of having it published by them. It appeared to me a subject worthy of the strictest inquiry: and I was led upon this occasion to consult several authors who had treated of the disease; where I perceived mistakes which have been attended, in practice, with dangerous and fatal consequences. There appeared to me an

evident

evident necessity of rectifying those errors, on account of the pernicious effects they have already visibly produced. But as it is no easy matter to root out old prejudices, or to overturn opinions which have acquired an establishment by time, custom, and great authorities; it became therefore requisite for this purpose, to exhibit a full and impartial view of what has hitherto been published on the scurvy; and that in a chronological order, by which the sources of those mistakes may be detected. Indeed, before this subject could be set in a clear and proper light, it was necessary to remove a great deal of rubbish. Thus, what was first intended as a short paper to be published in the memoirs of our medical navy-society, has now swelled to a volume, not altogether suitable to the plan and institution of that laudable and learned body.

I cannot, however, upon this occasion, omit acknowledging with gratitude the many excellent practical observations I have been favoured with by some of its most worthy members; especially by the ingenious Mr Ives of Gosport; and Mr John Murray, an eminent surgeon at Wells, in Norfolk. Notwithstanding which advantages, I am sensible of many inaccuracies and imperfections in

this

*this performance. They are perhaps the more numerous, as it has been sent to the press sooner than was at first intended. There are, however, two things that may appear exceptionable, which I ought here particularly to mention.*

*The first is the plan of the work.*

*I am sorry to find myself under a necessity of offering what some of my readers may think very indifferent entertainment, and that at their setting out, in the critical chapters of the first part. But it was not easy to fall upon a method equally adapted to all readers: nor indeed is the arrangement of the several chapters a matter of any great importance. The order here followed, is that in which it ought to be perused by physicians and men of learning, who have made this disease their study, and are previously acquainted with former writings upon it. It was necessary, in order to prevail with some of these gentlemen to peruse the second part with less prejudice against me, to endeavour first to remove such objections as might arise from doctrines imbibed in younger years, in schools and universities. Others, who are not so well acquainted with the subject, I would advise to begin with the second part; which*

b will

Ⓚ P R E F A C E.

*will enable them to form a better judgment of the first. The Bibliotheca scorbutica, or the collection of authors on the scurvy, is placed at the latter end of the book, as proper to be consulted in the dictionary-way. And it is to be remarked, that when, to avoid repetitions in the first and second parts, an author's name is barely mentioned, recourse must be had to the Alphabetical Index; which points out the page where the title of the book referred to, or its abridgment in part 3. is to be found.*

*In the order of the chapters, the prevention of the disease precedes its cure: and the first being the most material, I have thrown great part of the latter into it; this method of treating the scurvy suiting it better than perhaps any other. It will appear, that in the plan I have pursued, I had in view an author whose book has met with a general good reception, Astruc de morbis venercis; and were other diseases treated in like manner, it would greatly abridge the enormous, and still increasing number of books in our science.*

*What may be deemed by critics equally exceptionable with the order of the chapters, are some few repetitions. But in certain cases they were necessary,*

necessary, in order to obviate prejudices at the time they might naturally arise, and to enforce the argument.

*As to the contents of the book in general :*

*In the first part, I have endeavoured, by a connected course of reasoning in the several chapters, to establish what is there advanced, upon the clearest evidence, confirmed by some of the best authorities ; and have laid aside all systems and theories of this malady which were found to be disavowed by nature and facts. Where I have been necessarily led, in this disagreeable part of the work, to criticise the sentiments of eminent and learned authors, I have not done it with a malignant view of depreciating their labours, or their names ; but from a regard to truth, and to the good of mankind. I hope such motives will, to the candid, and to the most judicious, be a sufficient apology for the liberties I have assumed.*

Dies diem docet.

*The principal chapters of the second part, containing a description of this disease, its causes, the means of preventing and curing it, are also*

b 2 *founded*

*founded upon attested facts and observations, without suffering the illusions of theory to influence and pervert the judgment. For, that things certain may precede what is uncertain, the theory, and the inferences from it, are placed at the latter end.*

*In the third part, where I have given an abridgment of what has been written upon the subject by the most celebrated medical authors, and others, I have always endeavoured to express their sentiments with as much clearness and conciseness as I could. I have indeed through the whole aimed at perspicuity rather than elegance of diction, as most proper in a book of science. To know a disease, and to cure it, being the two things most essential to be learned ; I have therefore transcribed the symptoms and cure of the scarvy from those authors, where they do not entirely copy from each other.*

C O N-

