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[Lind J \(1771\)](#). An essay on diseases incidental to Europeans in hot climates. London: Becket and De Hondt.

**Title pages**

A N  
E S S A Y  
O N  
D I S E A S E S

INCIDENTAL TO  
EUROPEANS IN HOT CLIMATES.

WITH THE  
Method of preventing their fatal Consequences.

By J A M E S L I N D,  
Physician to his Majesty's Royal Hospital at HASLAR  
near Portsmouth, and Fellow of the Royal  
College of Physicians in Edinburgh.

To which is added,  
AN APPENDIX CONCERNING INTERMITTENT FEVERS.

To the whole is annexed,  
A simple and easy Way to render salt Water fresh, and  
to prevent a Scarcity of Provisions in long  
Voyages at Sea.

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The SECOND EDITION, Enlarged and Improved.

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Ars quæ fanitati tuendæ præsidet, iis qui sibi paruerint con-  
stantem fanitatem promittit. GALEN.

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L O N D O N:  
Printed for T. BECKET and P. A. DE HONDT, in the Strand,

M.DCC.LXXI,

BIBLIOTH  
COLL. REG.  
MED. EDIN.

It is much to be wished that we were possessed of a medicine which would speedily remove this species of fever, or bring it to a perfect intermission, so that the bark might be administered with safety. I have already mentioned, in the former part of these sheets, the method which proved most successful for this purpose, during an unusual and violent prevalence of this fever, in the year 1765. But having made frequent mention of the febrifuge virtue of antimonial medicines, in this and my former writings on fevers, I shall here take the opportunity of delivering my sentiments more fully upon them.

By an order from the right honourable the lords commissioners of the admiralty, the navy of England and the naval hospitals were supplied with a medicine, called Doctor James's Powder; with instructions to observe and report the effects of it in fevers.

In obedience to that order, this powder has been given at Haslar hospital, in various cases of fevers, to above a thousand patients, for

for whom antimonial medicines were judged safe and proper.—It was always thought most adviseable to give only a small dose at first, in order to try its effects on the patient; as antimonials, in a full dose, often prove unexpectedly violent, and hurtful in their operation. A third or fourth part of the powder contained in one paper was commonly prescribed at first, and repeated every four hours. When the whole quantity in a paper, which varies in weight, from 24 to 30 grains, had been thus administered, without producing any sensible effect, half a paper was given in one dose, and repeated every six or eight hours; after which, if the patient still remained costive, and it was judged that stools would be useful, a whole paper was administered at once: that quantity having been frequently found to be a mild and efficacious purge, even after the recess of the fever.

If the patient could swallow a bolus, this powder was mixed with *conserva fructus cynobati*, except when there was a diarrhoea, or too frequent stools; in which case it was administered in a proper dose of *philonium*

Londi-

Londinense, which effectually checks its purgative quality. When there was a subfultus tendinum, four or five grains of camphire were added to the powder, and other medicines occasionally.

This powder was given with most success, when the head was afflicted with violent pain, or stupor, and often when the patient was delirious or comatose, or both; in which last state, after he had continued several days, there were many instances of an apparent speedy and salutary effect from this medicine.—And it was remarked, that this effect was produced, whether the medicine evacuated by stool, or acted only as an alterative; and it seemed not to depend upon the benefit of any evacuation, but upon the specific febrifuge virtue of the powder.

It is however to be observed, that when this powder was given, nothing had been omitted, on account of its administration, which could promise relief or safety to the patient; bleeding, blistering, and all other requisite evacuations were used, together with

with the most proper regimen, in the same manner as if no such powder had been given.

But as fevers differ much in their nature, one remedy, or one powder, cannot be universally successful in all fevers; for as bleeding is known to be of great benefit in some, so it will be found, towards the conclusion of this Appendix, that opium is of equal benefit in others; and the effects of bleeding and opium are so entirely opposite to each other, that the mistake of applying one of those remedies where the other is proper, must be attended with bad consequences.—In the same manner, the promiscuous use of this powder, in the hands of the ignorant, and of quacks, will render it doubtful, whether such a remedy would do most good or harm. As physicians cannot venture to prescribe a medicine, of a composition unknown to them, being unable to judge from what ingredient or quality in that composition any bad symptoms may have proceeded, which might accidentally be produced by its use; so upon the whole, this medicine, until made public,

public, is not likely to be of great benefit to mankind.

As to other antimonial medicines, such as the Kermes mineral so much used in France, and the antimonium diaphoreticum, I have very little experience of their effects; but, from repeated trials, find the tartarum emeticum possessed of a virtue eminently febrifuge, and similar to that of Dr James's powder.

This antimonial preparation requires also to be occasionally compounded with other medicines, to improve its efficacy, or to prevent its irritation of the stomach and bowels\*. Half a grain † of it will be quite sufficient for the first dose, which may be repeated every six hours.

\* See more on this subject, in my papers on Fevers, page 82 & 83.

† Recipe Aq. alexiter. simpl. drach. x. aq. alexiter. spir. syr. e corticibus aurant. singulorum, drach. i. tartar. emetic. granum dimidium. Misce. fiat haustus, cui adde, pro re nata, nitri gr. ij. vel iv.

X

Upon

Upon several comparative trials, in similar cases of patients, I have found the tartarum emeticum to be possessed of a greater febrifuge virtue than the vinum antimoniale. I have however sometimes prescribed with success the vinum antimoniale in large quantities, when a patient, in a fever, had continued for several days in a doubtful state of recovery, comatose, and insensible, with a continual stupor on the brain, and a violent struggle and oppression of the vital organs.

In this case, I give a drachm of the vinum antimoniale diluted with water, and repeat it every two hours, with the increase of half that quantity, until an ounce is taken, or some sensible effect produced. If it brings an inclination to vomit, this evacuation should be promoted by drinking warm water. When there is a tendency to a looseness, lest the operation of this medicine by stool should reduce the patient's strength, I order forty drops of the tinctura thebaica to be added to an ounce of this wine; having found the operation of all these

these

between four and five hundred patients, afflicted with remitting or intermitting fevers, under my care that year, I lost but two; neither of whom had taken the bark.

My method of treating those patients will appear in the two following cases :

1. A young gentleman was seized with a fit of an ague, and in half an hour afterwards became delirious, then comatose, and at length speechless. Finding him in this last state, I ordered a blister to be immediately applied to his back, and a cordial julep with salt of hartshorn to be poured into his mouth. In two hours afterwards, upon recovering his senses, I ordered him two ounces of tinctura sacra, and then, without waiting for the complete effect of that medicine, half a drachm of the bark to be taken every four hours, as soon as the fever and sweat had abated. He began the use of the bark three hours after he had taken the tinctura sacra; but before he had taken five drachms of it, he was seized with a second fit, and in like manner became delirious,

delirious, comatose, and speechless. Sinapisms were applied to his feet, and other irritating applications used, until the fever was terminated by a plentiful sweat. Thus having twice narrowly escaped dying in the fit, a drachm of the bark was ordered to be taken punctually every hour. He soon took two ounces of it; which produced so happy an effect, that the fever left him entirely, without any subsequent symptoms of dropy, jaundice, violent head-ach or weakness, which either the continuance of the fever, or its repeated attacks, often brought upon others; so that he was quickly restored to perfect health.

2. A lady, in the first attack of an intermitting fever, was seized with a violent pain in the stomach. Every subsequent fit increased that pain, insomuch that at length it became intolerable, was attended with a violent delirium, and brought on a great difficulty of breathing, a hiccup, a ghastly countenance, and the symptoms of approaching death.

with a violent fit of an ague, which left her very weak, and univerfally difordered. In thirty-fix hours afterwards the fit returned; which had continued twelve hours, when I was called to vifit her. At this time her ftrength and fpirits were fo exhausted, that ſhe began to deſpair of her recovery. She complained of an univerfal pain over the whole body, but principally in the head and back: the head-ach was indeed fo intolerable, as to threaten a delirium: a conſtant reaching and vomiting at the ſame time reduced her to a ſtate of inſenſibility, accompanied with a ſtrong tendency to convulſions.

Finding her in this condition, I immediately preſcribed an opiate, which in leſs than five minutes reſtored her to a ſtate of perfect eaſe and tranquillity. In leſs than half an hour ſhe fat up in her bed, and could take nourishment. All that night ſhe ſlept little, though ſhe had no other complaint but weakneſs and fatigue. Next day, by taking the bark, which effectually prevented the return of the fever, ſhe quickly recovered her former ſtrength.

About

About a month afterwards ſhe ſuffered a relapſe: the intermiſſions of the fever were ſhort and indiſtinct. When I was called, ſhe had laboured under it forty-eight hours, and moſt of the former violent ſymptoms had already appeared: but as ſhe was very hot and feveriſh, and had no vomiting, I was unwilling at firſt to give an opiate, until, unable to reſiſt her earneſt ſolicitations, I at length conſented to it. This medicine again brought on a perfect intermiſſion, and gave her an immediate relief from all theſe diſtreſſing ſymptoms. Next day ſhe had recourſe to the bark, and has continued ever ſince in perfect health; uſing the precaution of taking the bark once or twice a day during moiſt weather, or when the wind is eaſterly, and particularly at the full moon.

Such benefit being unexpectedly received from an opiate, I determined to make a further trial of its effects. Having at that time twenty-five patients, labouring under intermitting fevers, I preſcribed an opiate for each of them, to be taken immediately after the hot fit, provided the patient had

then any inquietude, head-ach, or any such symptom usually subsequent to the fever. The consequence was, that nineteen in twenty-two received immediate relief; the other three had no occasion to take it.

Encouraged by this surprizing success, I next day ordered the opiate to be given during the hot fit. In eleven patients, out of twelve, to whom it was thus administered, it removed the head-ach, abated the fever, and produced a profuse sweat; which was soon followed by a perfect intermission.

Since that time I have prescribed an opiate \* to upwards of three hundred patients, labouring under this disease; and I observed, that if taken during the intermission, it had not the least effect, either in preventing or mitigating the succeeding fit; when given in the cold fit, it once or twice

\* The following was the draught prescribed :

Recipe. Aquæ font. fœcundam, aquæ alexiter. spirit. syrup. c meconio, ℥ij. drachm. ij. tinct. thebaic. gutt. xv. ad xx. M.

seemed

seemed to remove it; but when given half an hour after the commencement of the hot fit, it generally gave immediate relief.

The effects of opium given in the hot fit of an intermitting fever, are,—1st, It shortens and abates the fit; and this with more certainty than an ounce of bark is found to remove the disease. 2dly, It generally gives a sensible relief to the head, takes off the burning heat of the fever, and occasions a profuse sweat. This sweat is attended with an agreeable softness of the skin, instead of the disagreeable burning sensation which affects patients sweating in the hot fit, and is always much more copious than in those who are not under the influence of opium. 3dly, It often produces a soft and refreshing sleep to a patient, tortured in the agonies of the fever, from which he awakes bathed in universal sweat, and in a great measure free from all complaints.

I have always observed, that the effects of opium are more uniform and constant in intermit-

