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[Lind J \(1762\)](#). An essay on the most effectual means of preserving the health of seamen, in the Royal Navy. London: D Wilson.

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*From the Author*

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ON THE

MOST EFFECTUAL MEANS

*Collegii*      Of preserving the      *Regii*

HEALTH of SEAMEN,

In the ROYAL NAVY.

*Medicon*      CONTAINING      *Edinburg*

DIRECTIONS proper for all those who undertake  
long Voyages at Sea, or reside in unhealthy  
Situations.

WITH

CAUTIONS necessary for the Preservation of such  
Persons as attend the Sick in Fevers.

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By JAMES LIND, M. D.

Physician to the King's Hospital at Haslar, near Portsmouth;  
And Fellow of the Royal College of Physicians in Edinburgh.

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The SECOND EDITION, Improved and Enlarged.

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*Principiis Obst.*

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L O N D O N:

Printed for D. WILSON, at Plato's Head, in the Strand.  
MDCCLXII.

A N  
E S S A Y  
O N T H E  
M O S T E F F E C T U A L M E A N S  
O f p r e s e r v i n g t h e  
H E A L T H o f S E A M E N,  
I n t h e R O Y A L N A V Y.

T h e S E C O N D E D I T I O N .

P u b l i s h e d b y A u t h o r i t y o f t h e R i g h t H o n o u r a b l e t h e L o r d s C o m m i s s i o n e r s f o r e x e c u t i n g t h e O f f i c e o f L o r d H i g h A d m i r a l o f G r e a t B r i t a i n , I r e l a n d , & c .

Key passages

\* Of these 360 consumptive Patients, the Disease in one fourth of them was owing to a Cause well deserving Attention. It proceeded from Falls, Bruises, Strains, or Hurts affecting the Trunk of the Body, and which often gave no great Uneasiness for one Year, or perhaps two; and the Cause lay concealed till after Death, when in the bruised or hurt Part (either within or without the Cavity of the Breast) I often found large Collections of Matter in Bags; at other Times the Parts were *scirrhous* and always diseased. For a Cough, with other concomitant consumptive Symptoms, as I have discovered by Dissection, does not always argue the Mischief to lie in the Breast, but are the Signs of a weakened, drooping and wasting Habit.

Daily viewing so many pitious consumptive Objects, I have often reflected on the Barbarity of severe Cudgelling, Boxing and Bruising among the Vulgar; as also beating on the Trunk of the Body with a heavy Stick; where, tho' the Smart of the Blow soon ceases, a Foundation is often laid for an inward Malady, becoming mortal some Years afterwards, of which I have seen many Instances.

The Death of a Prince of amiable Memory, is said to have been owing to the violent Stroke of a Tennis-Ball; which gave no great Uneasiness for some Time after received.

Let it be remembered, that the human Machine is of too delicate a Texture, to bear rude Shocks or Bruises; and that the Injuries of its inward solid Parts are the most irreparable.

*ting Fever*, 80 for Complaints of old Hurts, &c. 20 *Chackelic*, five for the *Chincough*, 10 for *Colics*, 24 for the *Dropfy*, six for *Deafness*, 30 for the *Epilepsy*, 30 for various Disorders of the *Eyes*, three for the true *Gout*, 20 for the *Gravel*, 17 for *chronic Head-achs*, 30 for *Spitting of Blood*, 10 *Hypochondriac*, 15 for the *Jaundice*, 25 for *Incontinency of Urine*\*, 3 for the *Letbargy*, 7 for the *Lientery*, 30 for the *Leprosy*, 20 for the *Lumbago*, 14 for *Madness*, 5 for *Melancholy*, 31 for the *Measles*, 20 for the *Palsy*, 29 for the *true Peripneumony*, 11 for the *true Pleurisy*, 73 for *cutaneous Diseases*, seven for the *Sciatick*, 53 for the *Small-pox*, five for the *Strangury*, 15 for the *Scrofula*, 20 for *Scalled-Heads*. There remain 680 Patients, whose Cases are not here mentioned, having been chiefly *Surgical*, *Venercal*, the *Itch*, or feigned Complaints.

*The E N D.*

\* This is often a Complaint feigned by Seamen, at other Times it proceeds from Falls or Bruises.