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[Clark J \(1792\)](#). Observations on the diseases which prevail in long voyages to hot countries. London: J Murray.

Title pages

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OBSERVATIONS

Colleg. ON THE *Reg.*
DISEASES

WHICH PREVAIL IN

LONG VOYAGES TO HOT COUNTRIES,

Mexico. PARTICULARLY ON THOSE *Siam.*
IN THE EAST INDIES;

AND ON THE SAME

DISEASES

AS THEY APPEAR

IN GREAT BRITAIN.

BY

JOHN CLARK, M. D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, AT EDINBURGH;
PHYSICIAN TO THE INFIRMARY, AND DISPENSARY,
AT NEWCASTLE; &c. &c.

THE SECOND EDITION, REVISED AND ENLARGED.

VOL. I.

L O N D O N:

PRINTED FOR J. MURRAY, NO. 32, FLEET-STREET.

M. DCC. XCII.

Key passages

REPORT OF THE PRACTICE IN FEVERS,
IN THE SHIPS IN THE SERVICE OF THE
HONOURABLE EAST INDIA COMPANY,
FROM THE YEAR 1770, TO 1785.

AS soon as I engaged to prepare the present edition of this work for the press, application was made to the Court of Directors for leave to examine the Medical Journals of the East India ships, from their commencement in 1770. In consequence of which an order was given for depositing the Journals in a commodious room, in the India House, for the perusal of any gentleman of the faculty I should nominate. And, to render the inquiry more useful, leave was also granted for taking extracts.

The motives, which more especially influenced this inquiry, were to ascertain the success of the practice in fevers, and to record any modern improvement, which

might have been discovered for lessening the mortality, which so frequently happens in voyages to so distant a country.

That this inquiry might be properly executed I prevailed upon a Physician of great discernment, abilities, and zeal for promoting the interests of his profession, to peruse the medical day-books and journals. Six months have been employed in this laborious work; and so indefatigable has my friend been, that I have now before me not only a report from every journal which has been kept; but also many cases of fevers, and some of other diseases, recorded by the Surgeons in the service, from the year 1770 to 1785.

Partial extracts indeed would have deserved no confidence: but, being in possession of the whole evidence, I shall proceed to give a report of the success of the practice followed in fevers, in as concise a manner as possible.

At present the journals, which are ordered to be kept, consist of a medical day-book, and another book intended to contain particular cases and observations. These, if regularly executed, would afford much information; but, in the perusal of them, a great deal of time is unnecessarily wasted; and they seldom comprehend a full view of the business.

The day-book is divided into columns for entering the names of the sick; the date of the application; the symptoms of the disease; the prescriptions; and event of the case. If this book were regularly kept, it requires no improvement.

But in the Journal; which is composed from the day-book, much advantage would accrue from executing it in the following manner. Let it contain a short account of the method of treating every disease which occurs, with a few cases in illustration: and also let it comprehend a table of the MONTHLY RETURN of every disease,

and a GENERAL RETURN * of all the patients at the end of the voyage.†

By inspecting these tables, any person, at one view, would be enabled to ascertain the rise and progress of diseases during every part of the voyage, and the success of the practice. These tables would be also of the greatest advantage to the surgeon who constructs them, for when much sickness happens, without their assistance, he may long persevere in erroneous modes of treatment, without either detection or suspicion.

To the Physician, who signs his approbation of the Journals, these tables would be of the highest service. They would shew the comparative sickness and mor-

tality in every ship, and ascertain the most successful modes of treatment.

But these are not the most important advantages which would accrue from the Journals thus managed. At proper periods, a report ought to be published at the expence of the East India Company (drawn up by their Physician, or by a medical board) and copies presented to each Surgeon in their service. By conducting the business in this manner, ingenious men in the service of the company would be stimulated to offer their observations; the treatment of diseases would attain to the highest possible perfection; and consequently an immense number of lives would be saved to the community.

* See *Specimens of these Tables*, No. II. and III. in the Appendix.

† In my observations on fevers, &c. published in 1780, I shewed the great advantage, which would result from keeping complete and comprehensive tables of MEDICAL RETURNS; to which the reader is referred. Besides the above tables others appear to be necessary, particularly the one which contains the diseases, and opposite to each disease the number of males and females affected with it, in the different divisions of life. But on board of ships, the above two tables will be sufficient for giving a view of the sickness and mortality which may happen.

TABLE III. General Return of the Patients on Board the Ship —, in a Voyage to — in 179 , and in her return to England, in 179 .—See page 500—502.

DISEASES.	Number	Cured.	Sent to the Hospital.	Died.
<i>CL. I. Febrile Diseases.</i>				
Remittent Fever	65	64	0	1
Intermittent Fever				
Continued Fever				
Hepatitis				
Dysentery				
&c. &c.				
<i>CL. II. Nervous Diseases.</i>				
Apoplexy				
Tetanus				
Colic				
Cholera				
&c. &c.				
<i>CL. III. Cachectical Diseases.</i>				
Dropfy				
Venereal Infection				
Scurvy				
&c. &c.				
<i>CL. IV. Local Diseases.</i>				
Suppression of Urine				
&c. &c.				
Total.				