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T R E A T I S E

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Medic. Edinburgens.

S C U R V Y.

IN THREE PARTS.

Collegii CONTAINING *Regii*

An inquiry into the Nature, Causes,
and Cure, of that Disease.

Medicor. Together with *Edinburg.*

A Critical and Chronological View of what
has been published on the subject.

By JAMES LIND, M. D.

Fellow of the Royal College of Physicians in *Edinburgh.*

E D I N B U R G H:

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MDCCLIII.

TR A I T É
D U
S C O R B U T,
D I V I S É E N T R O I S P A R T I E S.

C O N T E N U

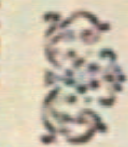
Des recherches sur la nature, les causes
& la curation de cette Maladie.

Avec un Tableau chronologique & critique de
toute ce qui a paru sur ce sujet.

Traduit de l'Anglois de M. LIND, D. M. Membre
du Collège Royal de Médecine d'Edimbourg.

Auquel on a joint la Traduction du Traité du Scorbut
de BORRHAVIUS, commenté par M. VAN SWIETEN.

TOME PREMIER.

 A P A R I S,

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P R E F A C E. xi

necessary, in order to obviate prejudices at the
time they might naturally arise, and to inforce 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 chap-
ters, 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
discovered 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 suffi-
cient apology for the liberties I have assumed.

Dies diem docet.

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

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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 scurvy from those authors, where they do not entirely copy from each other.

C O N -

for thirty years, altogether upon salt beef, bacon, and coarse puddings, unless upon a high holiday, when they are sometimes regaled with a bit of fresh meat; and yet continue perfectly healthy and strong. So that the difference between those people and seamen lies only in this, that the latter have not the benefit of so much exercise, and live in a moist air, by which the tone of their fibres is relaxed, and perspiration stopt.

1750. *An essay on fevers, &c. By Dr John Huxham. Ap-
pendix, A method for preserving the health of seamen in
long cruises and voyages.*

He thinks the scurvy at sea owing to bad provisions, bad water, bad beer, &c. The pernicious effects of which will be considerably augmented by living in a moist, salt atmosphere, and breathing the foul air betwixt decks. The most effectual way of correcting this alcalicent acrimony in the blood, is by vegetable and mineral acids: and for that purpose he particularly recommends cyder; of which each sailor should have at least a pint a-day.

1752. *A dissertation on quick-lime and lime-water. By Dr
Ch. Alston.*

The Doctor informs us, that he published this paper chiefly for the use of mariners. He attributes the good effects of lime-water in putrid scurvies, and some other diseases, not so much to an antiseptic virtue, (which it is possessed of), as to its penetrating, detergent, and diuretic qualities. He has discovered, that lime prevents the corruption of water, or insects breeding in it; and thinks this water will be useful in curing the diseases to which sea-faring people are most subject. One pound of fresh well-burnt quick-lime of any kind, is enough to be put in a hoghead of water; and this may be used, not only for common drink by the diseased, or for prevention by the healthy; but also by boiling, and exposing it to the air for a short time, it will become, after long keeping, sweet

sweet and wholesome water. When lime-water, by standing exposed for some time to the air, has thrown up all its crusts, none of the qualities of lime-water remain in it. From the notable quality he found in quick-lime to prevent water from corrupting, he often thought, that some of it put in the ship's well would effectually prevent the corruption of the water there, and consequently the putrid steams or foul air arising from thence. All these experiments are safe, easy, and attended with no expence.

An essay on the sea-scurvy: wherein is proposed an easy method of curing that distemper at sea, and of preserving water sweet for any cruise or voyage. By Dr Anthony Addington. 1753.

The description of the disease is borrowed from *Cockburn*, *Boerhaave*, *Hoffman*, *Ergalenus*, Lord *Anson's* voyage, &c. The cure proposed at sea, is to be begun, if there be any marks of fulness, by blood-letting. This is recommended upon the authority of *Hoffman*, *Boerhaave*, *Sennertus*, and *Brucius*, as also *Ergalenus*. In order to lessen the quantity of redundant blood still more, the patient is afterwards to be put under a course of gentle and daily purgation, with sea-water. *Boerhaave*, without any restriction to the habit of the patient, gives us the greatest expectations from a moderate and protracted course of purging in the scurvy; and *Hoffman* speaks to the same purpose. But where there are marks of virulence in the scurvy, it will be lost labour to rely on simple sea-water, unassisted with any other antiputrid medicine. So if, in conjunction with that water, we make a prudent use of the spirit of sea-salt, we shall but seldom be disappointed in our hopes of a cure. This is that safe and effectual corrector, which will counteract the putrifying quality of rock and bay salt, when they have been taken in such large quantities as to occasion the scurvy. Twenty drops of this spirit taken every day,

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A P P E N D I X.

IT has been no easy matter to obtain a knowledge of the many writings on this distemper. There have been collections made from time to time, of the several authors on the plague, venereal disease, &c.; but no such have been compiled of writers on the scurvy, *Sennertus*, ann. 1624, when he wrote his own treatise, reprinted the writings of *Solomon Albertus* and *Marini*, together with *Rossius*, and the authors which he had published ann. 1583, viz. *Ecbilius*, *Wierus*, and *Laniginus*; and this book, containing those seven authors, is the only collection ever published of writers on the scurvy. There was here as little assistance to be obtained from medical bibliobecæ. *Lipenius*, in his *Bibliotheca realis medica*, published ann. 1679, reckons up twenty-nine writings on this subject, of which eight are academical discourses or disputations. *Mercklin*, in his *Cynosura medica*, published in the year 1686, enumerates twenty-four authors on the scurvy. Of these, one, viz. *Henricus a Bra*, is classed among them (though improperly) upon account of a letter written to *Forellus*, upon a very different subject (a). Another, viz. *Albertus*, he has by mistake inserted twice in his list; and has given a place in it to *Jos. Stubendorfus* an editor of *Eugalenus*, *Simon Pauli*, *Job. Langius*, *Arnold. Weickardus*, and *Ludov. Schmid*; which three last I have taken notice of in the *Bibliotheca*, though perhaps they are not deserving of it. He has besides included in it three academical disputations. The indefatigable *Dr Haller* published ann. 1751, in his notes illustrating *Boerhaave's Methodus studii medici*, the titles of almost all medical

(a) *Vid. Foresti observ. medicinal. lib. 20. obs. 12.*

writings