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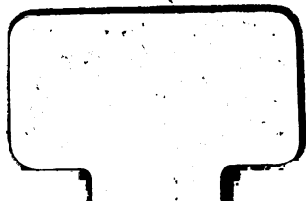
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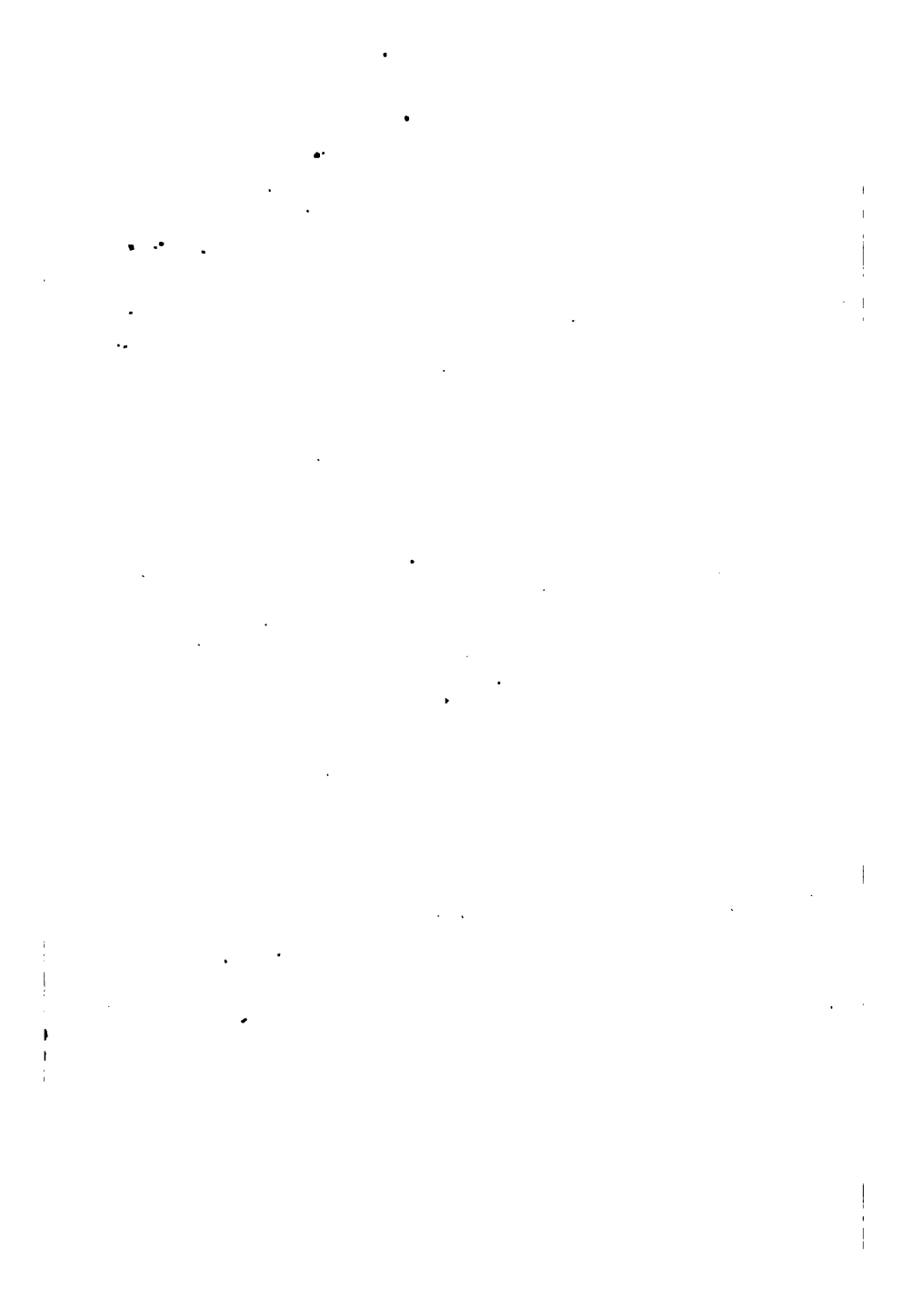
GOUT AND RHEUMATIC GOUT  
A NEW METHOD OF CURE

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DR. FOAKES

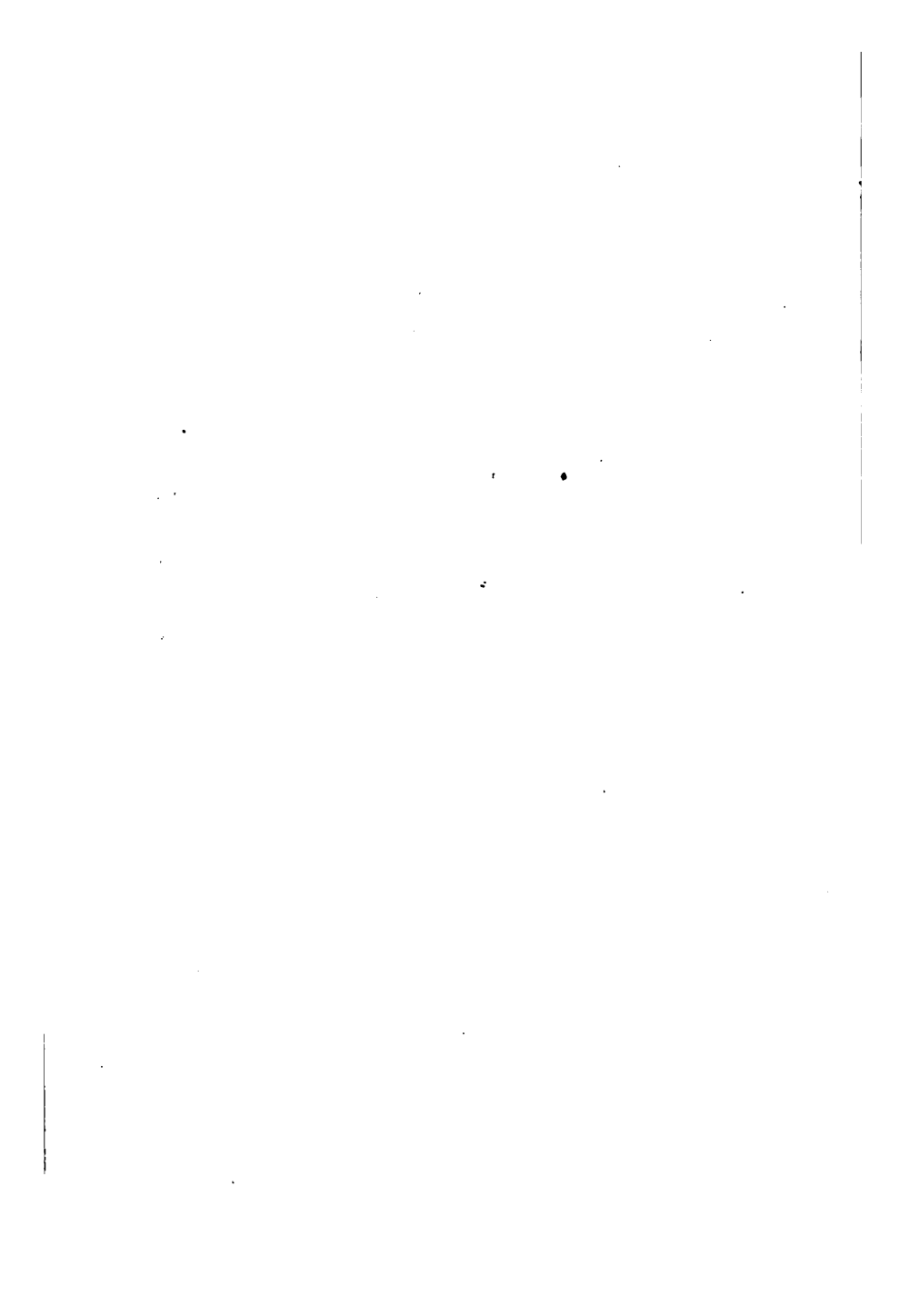






# **GOUT AND RHEUMATIC GOUT:**

**A NEW METHOD OF CURE.**



# GOUT AND RHEUMATIC GOUT:

A NEW METHOD OF CURE.

BY

JOHN W. FOAKES, M.D.,

OF THE UNIVERSITY OF GIESSEN;

LICENTIATE OF THE SOCIETY OF APOTHECARIES, LONDON.



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THIRD EDITION.

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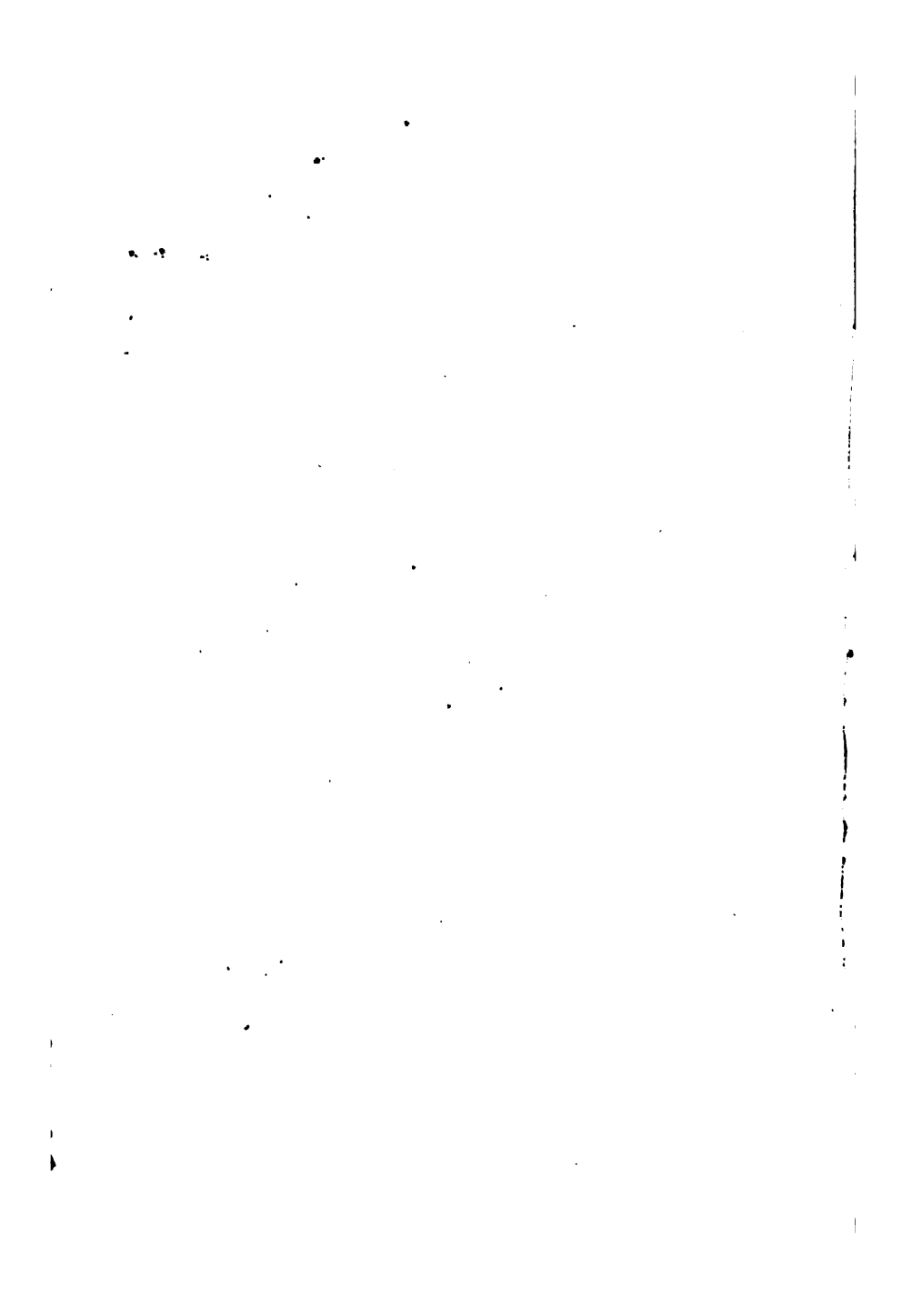
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## OPINIONS OF THE PRESS.

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### *Chemical News.*

. . . . The author has for many years adopted a somewhat exceptional, although a chemically sound treatment for cases of Gout and Rheumatic Gout, which he describes in the work before us. . . . The views of such men as Dr. Foakes and Dr. Bennett are, we are glad to say, beginning to gain ground amongst the medical profession. . . .

### *Western Daily Mercury.*

. . . . An eminent London physician has just issued a valuable little work, as the result of many years of care and satisfactory experience, and he clearly demonstrates that gout and rheumatic gout are not only to be cured, but also prevented. . . .

### *Spectator.*

. . . . Lay opinion will certainly go with Dr. Foakes in his condemnation of the poisons generally used. . . .

### *Court Circular.*

. . . . Dr. Foakes has written a very able and interesting treatise on the subject, which we commend to the notice of the public and the profession. . . .

### *Morning Advertiser.*

. . . . We now pass from the deleterious nature of mercury and colohicum to the new practice of Dr. Foakes. This, of course, like most really great discoveries, is extremely simple. . . .

### *Civil Service Gazette.*

. . . . Dr. Foakes' straightforward statement of facts is ungarbished by technicalities, and has all the appearance of being a harbinger of comfort to sufferers from these painful forms of disease. . . .

### *Morning Post.*

. . . . Will interest and instruct its readers. . . .

### *Victoria Magazine.*

. . . . Dr. Foakes has himself carefully worked for years the method he advocates, and fearlessly appeals to the results of the experience thus gained. . . . We should like to remind our readers that Dr. Foakes is also well-known for his untiring energy and successful treatment of cholera during the fearful outbreak in 1866.

### *Birmingham Daily Gazette.*

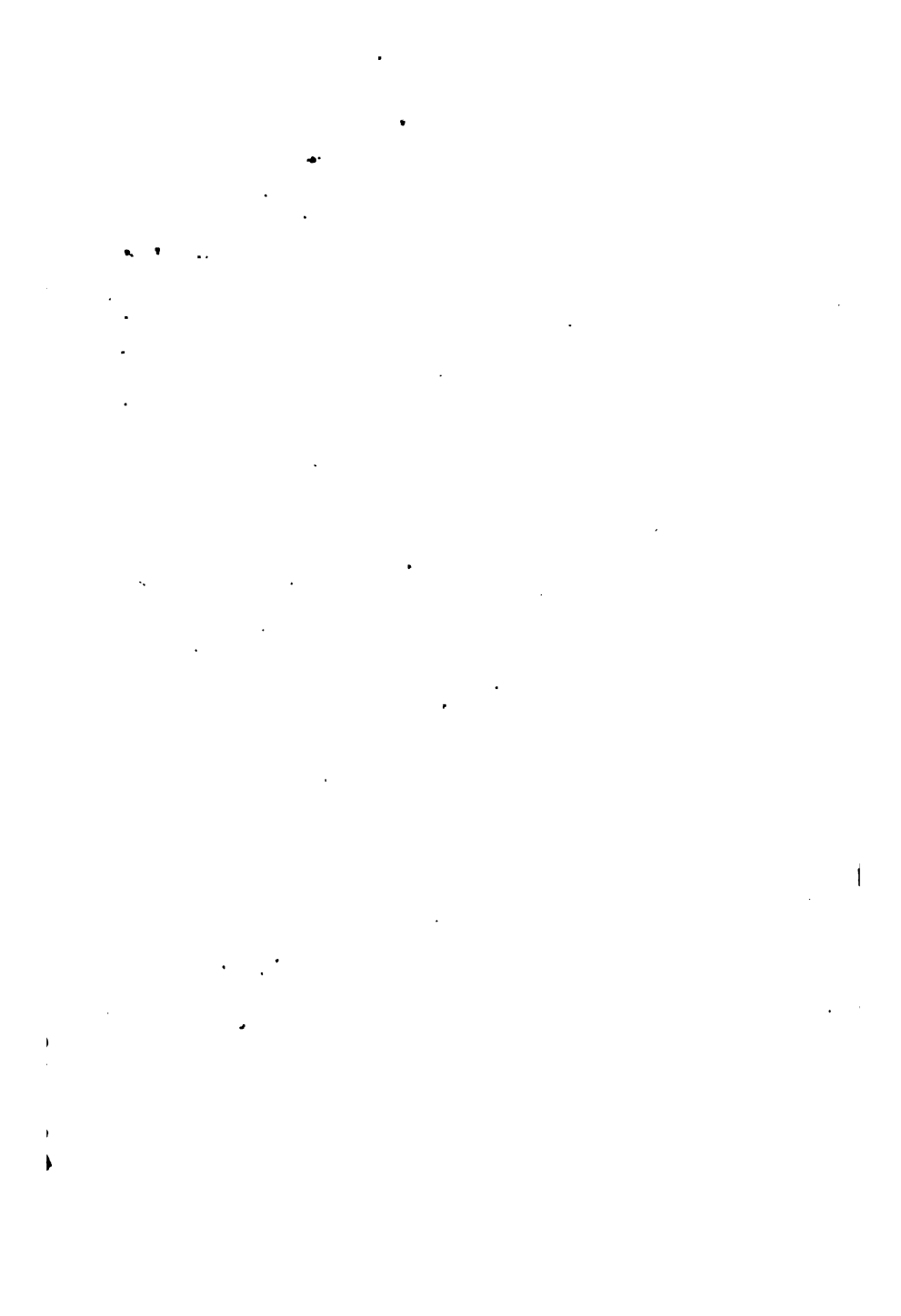
Dr. Foakes, the author of this valuable little treatise, has evidently devoted much time and study to the treatment of a disease which he designates as a "national scourge." . . .

### *Sunday Times.*

. . . . Some remarkable instances of cure are recorded. . . .

### *Era.*

. . . . We can cordially recommend this *brochure* to the attention, not only of the members of the profession, but to all who are, or who are in the habit of, suffering from these painful disorders. . . .



# **GOUT AND RHEUMATIC GOUT:**

**A NEW METHOD OF CURE.**

## PREFACE TO SECOND EDITION.

---

THE flattering opinions of the Press, and the consequent large public demand for my work having already exhausted the First Edition, I am called upon much sooner than I anticipated to print a Second Edition, in which I have taken the opportunity of more forcibly impressing upon all who suffer from Gout or Rheumatic Gout the importance of avoiding *Self-doctoring*. Indeed, since the first issue of my book, I have seen so much mischief caused from the ignorant administration of medicines that otherwise would have been likely to produce favourable results, that I feel it my imperative duty to write impressively upon the subject. The method of

treatment I herein advocate has done, and will do under efficient supervision, all I claim for it, but an injudicious administration is an unjust one to the patient, and cannot produce the beneficial effects which are looked for so anxiously; and although the disuse of Calomel or Colchicum is an important first step in the cure of these diseases, the patient is never in a position to judge for himself, what effect the discontinuance of the use of these drugs may have upon his constitution, and only a medical man, whose practised eye is accustomed to the indication of medicinal results, can prescribe for the sufferer the necessary remedies for his ultimate benefit.

J. W. F.

*14th February, 1871.*



## PREFACE TO THIRD EDITION.

---

It is with great pleasure that I send forth the Third Edition of my work, because I have so much reason daily given me to feel assured, that the object for which I published my experiences is being accomplished. From all parts I am continually receiving the most gratifying communications, and each day brings to me the welcome assurance that my efforts have not been in vain; for that my treatment has been of the greatest value to many who were before hopelessly suffering, is a fact of which I have daily the most convincing proof.

JOHN W. FOAKES.

10, SOUTH STREET,  
GROSVENOR SQUARE, LONDON,  
*22nd June, 1871.*

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# GOUT AND RHEUMATIC GOUT:

## A NEW METHOD OF CURE.

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IN prescribing for any disease, it is one of the most important duties of the physician to select for his patients such remedies as shall be the least baneful in their constitutional after effects. Unfortunately, however, in the anxiety to relieve bodily suffering, resort is too often made to medicines that at the time do no more than suppress the symptoms of the complaint, when, as the cause still remains, these symptoms will return after an interval, and have again to be checked by similar means; then, if the medicines taken be such as accumulate in the system, the result will be a change in the patient's state, concurrent with the deterioration of his constitutional vigour, from acute to chronic disease.

The medical knowledge that can prevent this change is never more valuable to patients than when they are constitutionally predisposed to, and are periodical sufferers from, Gout or Rheumatic Gout. These views, I am sure, will be supported by all physicians who have had an extensive experience in treating those complaints, for they will not fail to recall the condition of numerous patients, in whom the results I have indicated have been so fully developed, that at last it was almost impossible to discriminate between the effects resulting from medicines, and those resulting from the original complaint.

So much has been written upon the subject of these painful, and in too many instances fatal, disorders, but so little upon any reliable curative treatment, that my principal object in writing is to call the attention of those most interested to a method of cure I have originated, by which Gout and Rheumatic Gout can be so treated that the frequency and severity of the attacks are prevented, without using such depressing and injurious medicines as Mercury and Colchicum, and without weakening or undermining the patient's constitution.

When I am first consulted for these diseases the constant complaint I hear from sufferers is, that the medicines that a year or two since generally relieved them from an attack, now no longer produce the same effect, even when taken in much larger doses; so that the frequent reiteration of this statement from all classes led me to the conclusion that such agents were not curing the disease, but, even when they appeared effectual at the time, were only giving temporary relief at the expense of permanent injury to the sufferer's constitution; and when, in addition to this fact, I found that patients taking similar medicines had more frequent attacks, and were left weaker and weaker after each succeeding attack, until their state was such, that increased doses had not the power as before of warding off even the pain attending those seizures, the proof became irresistible that medicines of the nature of Mercury or Colchicum only acted as temporary palliatives of Gout or Rheumatic Gout, and did nothing to free the patients from the cause of their malady, or to retard the period of its return; but on the contrary generally left them in a few years—sometimes only a few months—so constitutionally

debilitated that they became sufferers from chronic disease.

Soon after I had turned my especial attention to the study and treatment of these diseases, I was led on step by step to this settled conviction ; for there were few patients who consulted me who did not admit that at some time or other they had taken Mercury or Colchicum. I was therefore impelled to test the medicinal action of these two common remedial agents, in cases of Gout and Rheumatic Gout. When by my experiments I had completely satisfied myself of the true action of those medicines, I commenced a series of other experiments, to discover if possible more reliable and less depressing drugs, in the hope of finding a better method of treatment ; for I was able now to appreciate the reason why similar doses acting upon the same patient, had less and less power to relieve the pain and disease, and why after a few attacks he gradually, but surely, became a sufferer from the chronic instead of the acute form of the complaint. And I believe these experiments have, for practical purposes, enabled me to understand what are the causes of Gout and Rheumatic Gout, and to have originated a

special treatment for those complaints which will surely and speedily relieve the patient's suffering, and effect his cure.

Some years' experience of the results of this method enables me now to assert, that my treatment, while very speedily relieving the pain and curing the attack from which a patient may be suffering, also neutralises the *cause* of his malady, thus to a great extent preventing its return; while, as this treatment cannot injure his constitution, it makes him much less liable to the complaint.

After having seen a continuous improvement in the health of those patients who have for some time followed my advice, I feel that I am justified in stating that under my method of treatment attacks of Gout and Rheumatic Gout are so much less frequent, and so very considerably modified in severity, that in time, in many cases, the constitutional tendencies to those complaints may be entirely eradicated.

For some years I have witnessed with considerable pain the great increase in the number of sufferers from Gout and Rheumatic Gout. In England no class is exempt from these apparently national scourges; and it is most



distressing to find so few who, when I am first consulted by them, do not express themselves hopeless of finding remedies to afford them more than temporary relief.

My observations and experience have led me to the conclusion that this increase in the number of Gouty and Rheumatic sufferers is to a great extent to be attributed to the following causes, viz., to the use made of Mercury and Colchicum to check these and other diseases; to the great reliance sufferers place in patent medicines, from their hopelessness of cure by other means; to the prevalent adulteration of so many articles of food, beer, wines, and spirits; and—from the facilities of railway and other means of travelling—to the rapidly-decreasing necessity for open-air exercise; and these conclusions are daily strengthened and confirmed by my experience of the results of my method of treatment.

Now that the experiments of Dr. Bennett on the action of Mercury upon the liver,\* show how little my professional brethren generally, have realised the effects of this drug, I feel that

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\* *British Medical Journal*, 8th May, 1869.

my views, which are entirely in accordance with Dr. Bennett's facts on this subject, are much more likely to be tested and adopted—as far as Mercury is concerned—than they would have been three or four years since; although I may add, that for the last ten years I have never given any Mercury, because I have known how disease could be cured without so doing; nor have I sanctioned its use—except in five or six cases, in deference to the opinions of those I have met in consultation—because I firmly believe there is an immense amount of disease engendered by giving this mineral, and that its disuse, by the substitution of other medicines for it, will render such diseases as Gout and Rheumatic Gout much less prevalent, less dangerous in their results, and much less difficult to cure.

In order to show the terrible changes that arise in these diseases during some modes of treatment, I shall here produce the outlines of a case that especially attracted my observation some years since, and particularly interested me.

A lady forty years of age, who until the time in question had scarcely known what illness was, and who was of a naturally robust con-

stitution, caught a severe cold from standing upon a damp grass-plot, and in consequence had an attack of Acute Rheumatism, which, after a few days, settled in her right knee. This knee became and remained slightly contracted, causing a perceptible limp in walking. The contraction not yielding to her ordinary medical attendant's treatment during some eighteen months, the complaint was pronounced to be Rheumatic Gout, and the lady placed herself under the care of one of the leading surgeons of the day, who assured her that her malady proceeded entirely from the stomach, and that by undergoing a treatment advised by him, of low diet and blue pill, he would soon cure her. To this she submitted for three months, lived upon fish and farinaceous food, took blue pill, or some form of Mercury, with accompanying aperient draught every second or third day, confined herself entirely to the house, and was not allowed to put her feet to the ground. At the end of the three months, feeling she was daily getting weaker, that the Rheumatic pains had become so severe and continuous that for some time she had no sleep at night without having recourse to narcotics, and that a tendency to the same

stiffening and pains appeared in the joints of the fingers, another medical authority was called in, when upon examination it was found that her left knee was as much contracted as the right had been, and that her right knee had become so much worse that on being placed upon her feet, she could not stand. Of course, the treatment that had brought about such disastrous results was abandoned, and the patient was sent to the seaside for change of air. There her general health improved, but the smaller joints of the extremities continued to stiffen, her knees to be more and more contracted, so that gradually she became quite helpless. At the end of five years, the joints of her knees, ankles, elbows, wrists, and fingers had all become more or less stiffened and useless. She could neither stand upon her feet nor use her hands; and in this state she remained for some years more. Then by treatment some improvement was made in the state of her arms and hands; she became to a great extent free from pain, and was able to discontinue the use of narcotics entirely; but as the joint action of the knees and ankles had been completely destroyed, it was never possible to recover it.

Now, what could have produced this terrible change ?

My experience replies, that it was caused by the continued action of the Mercury in the blue pill, which induced fever and disease about the joints while the constitution was enfeebled by low diet, and want of fresh air and exercise ; and the narcotics, which were given in the latter portion of the treatment to allay pain and procure sleep, prevented the dissemination of the inflammatory irritation caused by the Mercury, until this unhealthy perversion changed the character of the fluids around the joints of the knees, and then of the smaller joints, so that they became immovable. By the continued administration of narcotics, moreover, the chance of an effort of nature to expel the Mercury from the patient's system was prevented, and in consequence, she remained a confirmed cripple to the hour of her death, which occurred some twenty-six years after the first attack of Rheumatism that followed the cold before mentioned. I think it right to add that the lady whose case I have thus related, came of a remarkably healthy family, and that on neither side were her parents subject to Gout or Rheumatic Gout.

This case first drew my attention to the evil consequences that arise in Gout and Rheumatism, from the continuous administration of Mercury, followed by narcotics. Since then I have, unfortunately, seen very many cases in which the effects of that medicine have been, though less injurious, far from dissimilar; and from the time that by my experiments I have been better able to realise the consequences of Mercury upon the human frame, I have abstained from giving it under any circumstances in these complaints. In the cases which I have treated by my method, such sad results as the foregoing have never occurred, nor do I believe them possible under my treatment.

When I am called in to see a patient who has taken Mercury in any form, for Gout or Rheumatic Gout, my first object is to remove all traces of that drug from the system. This is frequently a tedious task, and very trying to the patient; but I know from past experience I can only do justice to sufferers by that course. When I have so freed the system from the injurious effects of Mercury, I have never yet failed to find the original complaint change its character, and become amenable to my remedies.

Acute Rheumatic Gout is a disease I have not found difficult to cure on this principle, and if taken in an early stage, with the treatment I advocate, can never in any case result in the calamities that are daily witnessed, and hourly dreaded by so many. The case I have just quoted may by some be regarded as extreme; but I regret to say, thousands of English men and women, are suffering from the injurious effects produced by the administration of Mercury, in one form or another, for this disease.

I shall now take the opportunity of stating the case of a patient, who had been treated by repeated doses of Mercury in the form of Calomel, for Rheumatic Gout, before becoming my patient.

A lady of title, whose parents had been sufferers from Rheumatic Gout, and who had been for some years afflicted with the same complaint, finding herself getting worse and worse, and more and more helpless under the system adopted by her medical attendant, at last placed herself under my care. Upon examination I found both her knees much swollen, with considerable inflammatory action and suffusion about their joints. She had the greatest difficulty in

rising from her chair unaided, and complained of much pain in the knees themselves, as well as in her shoulders, which pain was always much increased by any change of weather. Her tongue was coated, pulse feeble, bowels constipated, complexion sallow and unhealthy, and urine high-coloured. She said she never perspired, and had not done so for five or six years; had no appetite, and could not take half a glass of wine without its producing violent headache. Added to which, she told me that for the previous twelve months before consulting me, she had been almost sleepless from Rheumatic pains, which were so severe that she considered an hour's continuous sleep in any night quite an exception; and this was her state after she had been under various treatments both in London and on the Continent. Upon inquiring what medicines she had taken, I found that she had at different times taken large quantities of Calomel, and for the previous few months to my being called in, had been taking nearly every night, by the advice of her physician, a pill composed of Calomel, extract of Colchicum, and extract of Colocynth; that she had no action of the bowels if these pills were



omitted; and only varied the formula by an occasional five-grain dose of Calomel put upon the tongue, when she had any very severe paroxysm of pain in the joints, or any increase of fever.

I considered hers to be a case of Gout, which by the treatment had been suppressed and turned into Rheumatic Gout, and I saw no mode of cure without first freeing her constitution from the effects of the medicines she had taken.

Of course, at first I had many difficulties to contend with, but in a few weeks my patient showed a marked improvement. The action of the bowels became regular, tongue clean, skin acted healthily, and the pains and inflammation in the knees subsided. In about three months from that time this lady had an attack of Acute Gout, from which I relieved her in five days, and after another slight attack the disease was always controlled by my treatment. She quite recovered the use of her knees, and lost all Rheumatic pains. She could eat, drink, and sleep healthily; could walk two or three miles without resting or being fatigued, and went again into society, from which the state of her health had previously excluded her.

I continued to attend this lady and her family for the next seven years, during which time she followed my method of treatment whenever the state of her health required my advice, and I find, on reference to my note-books, she had but six attacks of Gout or Rheumatic Gout during that time, and with the exception of one attack—brought on by standing in the wet for six or seven hours during the Derby Day at Epsom, in 1863, which caused a dangerous illness of six weeks' duration—she had no attack that confined her to the house more than three days at a time, and was always well by the fourth or fifth day. Thus, from the time that her system was freed from all traces of Mercury, any disarrangement or cold, which would formerly have produced Rheumatic Gout, now passed over without the appearance of the previously-dreaded enemy. Under former treatment this patient had rarely been well enough to go about for two years before she consulted me, during which time, she told me, she believed she had been actually confined to her house for at least nine months.

This is one of many similar cases that have completely succumbed to my method of treatment,

and in which, from my experience, I maintain, that Mercury ought *under no circumstances to be given*, for whatever *apparent* present benefit may be derived from its use, its subsequent effect is to depress the vital power, and so to *prevent* the displacement of the poison from the blood in the way that nature, even unaided, would free the system from it; also to cause a much greater tendency to fever, thus increasing the deposit of urate of soda around the joints, which in time, and with gouty constitutions, hardens, and becomes what are popularly called *Chalk Stones*, as well as to bring about what in the treatment of this complaint is most to be dreaded, *a change from Acute to Chronic Gout, or Chronic Rheumatic Gout.*

I will now refer to the writings of a well-known physician to show the effect of Colchicum, another supposed sheet-anchor in the treatment of Gout and Rheumatic Gout.

The late Dr. Gairdner, in the fourth edition of his work "On Gout," speaking of the use of Colchicum, says (page 337):—

"The first bad effect seen from too early an administration of Colchicum is that of a total failure of the remedy. The local disease is indeed relieved, but the distress of the patient is in

“ no degree mitigated. His constitutional symptoms remain the same, and in no great length of time an explosion takes place in some other part, in all probability nearer the centre of the system. A metastasis has been effected, but the serious consequence is a prolonged disease, and a prolonged disease is a great injury to the constitution.”

In this opinion I perfectly agree, for in the cases I have seen where, in the early stages, there has been a sufficient quantity of Colchicum given in the hope to allay pain, the disease may, it is true, disappear from the extremities, *but it does not leave the patient.* The malady is not thrown off, but suppressed. The attack being thus treated soon re-appears in a worse form, and larger doses of the drug are then required to produce any effect, until finally, the patient shows unmistakable symptoms of Colchicum poisoning in the form of intense nervous depression, which if continued might cause partial paralysis of some vital organ, or a dangerous diarrhœa; these symptoms only cease when the doses of Colchicum are discontinued. Here is another instance, from the same author (p. 339):—

“ Some years ago I was desired to visit a gentleman who had just gone through a very painful fit of the Gout, under the care of a very eminent physician, now dead. He had quarrelled with his doctor in consequence of the troublesome, but very wise, advice the latter had given. I found that the fit, from which

“ this very foolish individual thought he was emerging, had not  
“ at all been permitted to run its course. Notwithstanding its  
“ duration, no issue had been given to the disease. It had been  
“ stopped, *in limine*, by very heavy doses of Colchicum, against  
“ all remonstrance on the part of his physician, and the earnest  
“ entreaties of his wife, for even she had learned by experience  
“ the folly of this course. The consequence was a series of  
“ devious and perplexing symptoms, with metastasis to different  
“ parts of the body. Each fresh local manifestation of the  
“ disease was assailed by a renewed application of the poison.  
“ Every absurd error of diet was meanwhile committed. After  
“ eleven weeks of this practice, I was called to the case, and not  
“ permitted the advantage of a consultation with my predecessor.  
“ At this time, however, nature was operating a cure after a  
“ fashion very usual to her. The patient's excesses were re-  
“ strained by a total loss of appetite, and this continued until  
“ the fierceness of the disease was in some degree removed.  
“ There was little difficulty in managing him while this state of  
“ things remained. But when appetite revived, and his suffer-  
“ ings were in a degree abated, it was impossible to deal with  
“ the perverseness of this man. It was the month of May, and  
“ he was eager to go to the clubs, and to Parliament, which to  
“ him was nothing better than a club. He got well enough to  
“ do so, still using, as I afterwards learned, Colchicum largely  
“ and frequently. In this manner he hobbled on until the  
“ month of July. I was again desired to visit him. He was a  
“ pitiable spectacle of helplessness, pain, and querulous impa-  
“ tience. Nearly every joint was seized. In vain he now  
“ attempted to dietate. Everything was decided for him.  
“ During half of July and throughout August he underwent  
“ indescribable suffering.

“ I believe he had the folly and injustice to ascribe this attack  
“ to his physician. I never saw him after the month of October,  
“ when he left town; but he died four years after, of disease of

“ the heart and hydrothorax. I have been credibly informed  
 “ that he continued the use of Colchicum with the same impru-  
 “ dence, till it failed in giving even transitory relief, yet did  
 “ not fail to inflict on him its own peculiar evils.”

Can anything be more instructive than this, as to the use and abuse of Colchicum? In the foregoing case, in my opinion, the presumed remedy prevented the natural development of the disease, and, when the patient's constitution was thus undermined, he died from the effects of poisoning by Colchicum.

This drug is largely used and resorted to by those who doctor themselves. Their very ignorance of all medical science, of all the disastrous consequences that must sooner or later follow the use of this dangerous medicine, causes them to be deaf to all persuasion against it, and as time advances, the disease increasing, so is increased the dose of this poison—*miscalled a remedy!*

I would strongly warn all who imagine they find a boon in patent medicines, advertised to cure Gout and Rheumatic Gout, that these preparations invariably contain a greater proportion of Colchicum than even the most staunch friend of that drug can have the faintest idea of, so that in resorting to their use they are resorting

to the use of one of the instruments which may eventually cause their death. I cannot, therefore, in justice to my experience, speak too strongly in its disfavour. I have seen such fatal results occur from its use; such lamentable cases have been submitted through it to my care; I have seen so many lives, if not lost, embittered and made useless by it, that I feel bound to hold out a warning against it in the strongest and most serious language I can adopt.

One example amongst many will serve as an illustration of the dire effects of Colchicum, better than the most earnest words of warning, and for this purpose I append the following.

Some time since I had under my care a gentleman whose case had been considered hopeless, and whose complicated diseases—originating in Rheumatic Gout—were daily wearing away his life, to the profound grief and distress of those who witnessed his sufferings. There seemed to be no hope for him. He had been treated for Jaundice, for Disease of the Kidneys, for Inflammation of the Bladder, and at one time—some months before consulting me—for Aneurism of the Heart. He was a sorrowful creature to look upon. From contraction and

swelling of the joints, together with extreme debility, he was obliged to be wheeled in his chair from the bedside to his place by the fire, and so back again—the only change he had. His eyesight was very dim, and his hearing greatly impaired. Daily vomiting after any solid food, made the very sight of nourishment so obnoxious to him, that it was difficult to persuade him to take anything. A continuous thirst, which nothing could alleviate, was one of the many slighter evils he had suffered for seven weeks before I saw him. His bowels were either constipated, or, for three or four days together, in a state of uninterrupted diarrhœa so fœtid that it was necessary to use chloride of lime, or some other disinfectant, constantly in his room. His diseases at length becoming so complicated, and there appearing daily new difficulties to contend with, his friends were hopeless that a cure could be effected. In such a state I was asked to see him and give my opinion. I did so, and my opinion could have been very easily given in the one word—*Colchicum* ! I knew the wretched enemy of old, and saw at once, in every suffering and misery of the patient, the diseases its use had caused.



The only questions for solution were, Had this drug too surely done its work? Was this man, not then forty years of age, to be hewn down in the prime of life through its fatal mischief? Or was it possible that by my treatment I could cure his disease, and restore him to health?

I felt so secure in my experience that I *had* some hope, and imparted it to those most anxious for his recovery. From that day—one in the first week of January, 1866—I commenced my task. By means of close and strict inquiry and much cross-examination, I made the discovery I expected, viz., that my patient had, for two years previous to October, 1865, been *treating himself* for Rheumatic Gout. He had, he said, ignored all medical advice at that time, finding that he derived no real benefit from it, and that his purse grew considerably lighter, so that from the perusal of some book he mentioned, he determined to “cure himself.” This was the cure: Colchicum in small doses; Colchicum in larger doses; a few bottles of a French tincture; then back to Colchicum in larger quantities; a bottle or two of some patent specific highly recommended for the cure of Gout; back again to Colchicum in *very* large doses, with a meagre

diet and cheap foreign wines—great enemies to English stomachs—and so on and on, backwards and forwards, till disarrangement of every description at last compelled him again to seek that professional advice he had so foolishly ignored. As I have already said, he had been treated for almost every internal disorder that affects the system, and from the injudicious use of powerful drugs, entailing additional and unceasing suffering, he became the wretched object I was called in to see.

I began my task by first attacking the seat of most of his present miseries, the stomach. This I did with the medicines I principally use in the cure of gout,\* and then I attacked the inward fever by other remedies.† The kidneys and bladder by these means became more healthy in their action, and at the end of sixteen days I had so far conquered the internal wrong that the bowels acted naturally, the skin towards night had often a slight moisture, and the thirst was greatly abated. From that time my patient's amendment became gradually more and more evident, and in three weeks I had him down

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\* See page 40.

† See page 58.

stairs. Five days afterwards I got him out for an hour's drive, and within a month from my first seeing him he was able to transact considerable business, which for twelve months previously he had been unable to attend to, and was taking carriage exercise every day. His joints were still stiff, and slightly contracted, particularly the left elbow and right knee, and I fear will partially ever remain so. This I attribute to the use of Calomel in the earlier stages of the disease.

In three months more my patient no longer needed my professional attendance, as his appetite had become healthy, and with attention to a few of my dietary instructions, and an occasional resort to my remedies, I felt convinced he would remain, excepting the slight lameness and some stiffness in his arm before alluded to, as well as ever he was in his life.

In quoting this case my primary object is to show some of the effects of Colchicum, and the mischievous consequences of *self-doctoring* with *patent medicines*, as well as the great value of properly selected remedies, in the treatment of such diseases as Gout and Rheumatic Gout, not only in their earlier stages, but

in their worst and most complicated forms. In these maladies, I believe that no remedy that really removes from the system the *cause* of the complaint, ever produces permanent depression. This is the result of my experience, and hence I am opposed on principle to the administration of Mercury or Colchicum, both of which I believe to be positively injurious in their primary and secondary effects, and in my opinion the injudicious and excessive use of these drugs makes complaints chronic, and causes patients to suffer more than they would if the diseases were permitted to run their course.

Nature when left to herself will, if her organic powers are not entirely destroyed, always to a great extent repair the mischief done; but when her operations are counteracted by mistaken applications her recovering efforts are annihilated. Left to herself she has some chance; ignorantly interfered with she has none.

We all know that there is but one true method of endeavouring to cure any disease; and that is, by discovering what are the changes that have taken place in the system of the patient, and in what particulars his present state differs

from his healthy condition. In a word, What in his, or her, case causes the malady? When the cause has been ascertained, the course to be followed is to endeavour by the least injurious remedies to restore to a healthy state those functions which are found *un*-healthy. The application of the proper remedies will at once result in the improvement of the patient; but it must always be remembered that the depression of the patient's constitution will be less, and the rapidity of his recovery will be greater, in proportion to the harmlessness of the remedies employed.

It is upon these principles I give the medicines I use in the cure of Gout and Rheumatic Gout, and in acute cases a few hours rarely fails to remove all pain, and a few days to complete the cure. Beyond this I find that the tendency of this treatment is to lessen the frequency of attacks, as well as their severity. In fact I have many patients, who from having been in a constant state of dread lest any sudden cold or exposure should bring on an attack of Gout or Rheumatic Gout, now rest perfectly satisfied that under my treatment they need fear no such misery.

To show the means whereby I arrived at the

conclusions I have formed, the following details are appended :—

Some years ago, from observing the very injurious consequences that were the result of taking Mercury, I was led to experimentalise, in order to obtain a medicine that should produce a better effect upon the human frame than this drug, and without its mischievous results.

Accident brought to my knowledge the case of a young friend who, from being exposed for two hours in the night air, during the month of March, was next day seized with a severe attack of inflammation of the lungs. As I knew him to have been in good health two days before— young, strong, and as unlikely to have such an attack as any one I could have selected—I made it a point to discover the cause of his illness. I learned from him that he had felt dull and depressed, and on the Friday had consulted a physician in London, who prescribed five grains of blue pill at night and an aperient in the morning. This he took, and it had the effect of relieving the bowels seven or eight times on the Saturday, and making him feel exceedingly weak. That night he was for two hours on the outside of a coach, much exposed to cold, which he felt,

as he expressed it, "go through him like a knife." He slept badly, and the next (Sunday) morning, he was seriously ill, with acute inflammation of the right lung.

This case was one of those in which the use of Mercury had evidently caused a great predisposition to cold, for this gentleman previous to taking it had been hunting twice a week all the winter, occasionally wearing his wet clothing for some hours, and yet had never enjoyed better health. Look upon this case as I would, I did not believe that he could have been so ill but for the Mercury. I then made up my mind that I would prove its effects upon the constitution by actual experiment upon myself, and I found that when I took blue pill at the commencement of a feverish cold the attack lasted much longer, its effects were more depressing, and the power to throw it off greatly lessened; that there was always in a few days a tendency to feverish symptoms, to rheumatic pains in the limbs, more or less severe according to the quantity of blue pill I had taken, and that I was more sensitive to all atmospheric changes. I then tested the effect of five grains of blue pill and a purgative, for an attack of biliary disturb-

ance and head-ache. The following day after taking it I felt less languid, and my head-ache was gone. On the third and fourth day I was not so buoyant, and had some return of the old symptoms. I repeated my dose, and was again relieved, but not so effectually. I continued to take this dose every third or fourth day for about eight weeks. By this time I found the medicine so much less apparent in its results that I had to increase it to ten grains to produce the former effect, but this did not prevent a series of symptoms occurring daily, during the five weeks I continued this dose, that I could attribute to nothing but the effects of Mercury upon my system. The action of my skin was less healthy, and I did not perspire so freely. I had more thirst, my appetite was more variable, my digestive powers became slightly impaired, and all the symptoms of biliary disturbance were at times much aggravated, except for a few hours after the action of the blue pill. My tongue became habitually coated and furred, my pulse was irregular; I was continually taking cold upon cold, and each one depressed me more and more. I became much more sensitive to atmospheric changes, and decided rheumatic



pains appeared in my shoulders, arms, and knees, after being exposed to the rain for an hour or two; added to which I was more indolent and lethargic, and found I had no other resource than to increase the quantity of stimulants I was in the habit of taking. In short, my system was suffering from *Chronic Mercurial Poisoning*, that would, had I continued the dose some few days longer—if it had not produced salivation—have ended in either Jaundice, Gastric, or Rheumatic Fever. I then discontinued the blue pill, and treated myself to free my system from its effects. As my remedies began to act upon me, the symptoms I have described gradually subsided, and, at the end of three months, I was again in a healthy state, with a clean tongue, sound appetite, no flatulence or indigestion, and no rheumatic or neuralgic pains in my limbs. This experiment I made at a time when I was living a very sedentary life. I afterwards repeated it when I was out every day in the fresh air, taking strong walking exercise, and the result of my second trial confirmed my former experience. The same train of symptoms showed themselves, but in some respects in a less severe form, except

that getting wet always produced rheumatic pains, accompanied by more or less fever. Still, they were perfectly recognisable as the effects of the Mercury, and with its discontinuance and alterative treatment they subsided as before. In both these experiments I was particularly careful in regulating my doses so as to avoid salivation—in which I was successful—being most anxious to learn practically the *cumulative effects* of the action of Mercury on the system, when taken in *repeated small doses*.

Knowing from experience the uncertain action of Mercury taken internally, not only upon different individuals, but upon the same patient when given at different times, I then tried Mercurial unction, and carried it to a point just short of salivation, and in a still shorter time I found I could produce all the same symptoms. I then made a series of experiments upon animals, and I found that a strong pointer dog, after a few grains of grey powder, or a grain or two of blue pill, repeated a few times once or twice a week, was languid, restless, thirsty, and most unwilling to go out in the wet; that—although at first the medicine had the advantage of making his coat more glossy and fine—after a few days

the animal would set his back up when taken out to damp ground, and I had great difficulty in getting him to enter a field of wet turnips. Indeed, there was no more question in my mind as to the effects of Mercury upon the animal than upon myself, for when I had so physicked him as to free his system from this medicine, all these symptoms disappeared, and he was as willing as ever to bear cold and exposure to wet. This treatment I repeated in many instances on other animals, and invariably with similar results. These experiments were all made before the year 1861, and it is with great satisfaction I am able to refer to those of Dr. Bennett, made in 1867 and 1868, and reported in 1869, as offering the strongest confirmation of my experience.\*

Of course, with the knowledge thus practically gained, there was no difficulty in detecting numerous instances of the mischievous effects of this drug, and I was quite satisfied that under *no* circumstances and with *no* constitutions should it be prescribed, if any less baneful remedy could be used capable of producing the required

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\* See Appendix.

medicinal results, and that in Gout, Rheumatism, or Rheumatic Gout, it is a *positive poison*.

After numerous experiments on the medicinal action of different drugs, I satisfied myself that the finest Turkey Rhubarb in pills\* with an occasional aperient in the form of Castor Oil would produce all the effects claimed for Calomel or blue pill. By continuing the Rhubarb pill every night, I have regulated the action of the bowels in the most severe cases of Gastric fever, in the treatment of which I have never since given a grain of Mercury. Should the bowels not act freely with the pill after the first dose of Castor Oil, I repeat the oil on the second or third night, instead of the pill, and in cases where the patient has taken much powerful medicine, I sometimes increase the quantity of Rhubarb in the pills. I have had now about ten years'

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\* This Rhubarb pill is not to be confounded with the Compound Rhubarb pill of the British Pharmacopœia. Its medicinal action is entirely different.

I think it right to remark that I have been in the habit of employing only the finest Turkey Rhubarb for these pills. Now, however, this drug being scarcely obtainable in England, I use my Castor-Oil Emulsion much more frequently, to make up for the deficiency of certain properties in the East Indian Rhubarb, when I am compelled to substitute it for that of Turkey.

experience of these remedies, and they have never yet failed me in quickly producing all the presumed effects of Mercury or Calomel, and my patients have thus been saved from the injurious after consequences of these pernicious drugs.

Finding the great objection that many patients had to taking Castor Oil, and the great nausea that frequently followed its use, I now employ an Emulsion, formed of Castor Oil and an Aromatic Tincture, which, thus combined, acts very much more vigorously upon the liver, and enables the most irritable stomach to retain it without nausea; and I find the value of this medicine so great that I have almost entirely ceased to administer Castor Oil, except in this manner.

I here make it known, *as an undeniable fact*, that Rhubarb and Castor Oil, administered in combination according to my method, render the use of Mercury in any form unnecessary in the treatment of those complaints in which the regulation of the action of the liver is a necessity.

This fact I cannot too strongly impress upon the notice of my brother practitioners, and although it may not be accepted as such in routine practice, it is nevertheless *a truth* which I have so

thoroughly proved that, I am sure, if they will but test it as carefully as I have done, they must arrive at the same conclusions as myself.

Having thus endeavoured to prove to my readers the injurious effects produced by Mercury, and having mentioned the substitutes I use for this pernicious drug, I will now refer to Colchicum, with which medicine I also experimentalised upon myself. In small doses, frequently repeated, it produced upon me, after the third or fourth day, nervous depression, prostration of muscular strength, depression and irregularity of the action of the heart, with nausea, thirst, and loss of appetite. In larger doses violent diarrhoea, followed by partially paralysed action of the bladder. These symptoms, however, soon ceased by discontinuance of the medicine, by taking remedies to strengthen the digestive organs, and by a general tonic treatment, and thus I more speedily recovered from the effects of this drug than from those produced by Mercury.

The combination of Mercury and Colchicum—commonly prescribed, as well as found in some patented pills, advertised to cure Gout, Rheumatism, and Rheumatic Gout—I must confess

I did not care to try to the injury of my constitution, after having tested the effect of each separately. For all practical purposes it was sufficient for me to be able from actual experience to recognise the symptoms produced by each drug. These experiments were made for my own guidance in my practice, to enable me to realise the exact effects of Mercury and Colchicum, because I would not give my patients drugs the value of which in these diseases I doubted, and the action of which I had not taken the pains to test satisfactorily ; and although such experiments formed the basis of my method of treatment, when they were made they were made too roughly for me to desire to place them before the medical world as scientific experiments, they being the result of treatment on one person only. But now that experience and success have strengthened my views, I feel that for the benefit of sufferers, and for the practical information of my professional brethren, there is no longer any reason to withhold them. Having thus so thoroughly tested my method, I do not hesitate to pledge myself to its efficacy, and am bound to make it known as widely as possible.

The immediately preceding remarks are made to show the reasons for my method, and to prove that there *are* medicines which will produce, not only *present* advantageous results upon a patient's malady, but *future* benefits to his constitution.

Those only whose lives have become a burthen to them from the injudicious recourse to medicines which custom has forced into use can thoroughly appreciate the announcement. Leaving this statement of principle, then, to work its own way, I now turn to the main subject for which this work is written, viz., my method of treating Gout and Rheumatic Gout.

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## G O U T .

In the treatment of Gout, as well as of Rheumatic Gout, my method recognises as an essential point of practice that the physician should never neglect any possible means of 'supporting his patient's strength, by ordering such nourishing food and stimulants as will not aggravate the malady, and throughout the treatment this upholding the constitution should never be forgotten. If this system be carried out, the disease will be much more easily cured, the



period of convalescence more quickly arrive, and the chance of a return of the complaint will be less. The excess of pain that a patient undergoes in Gout, or Rheumatic Gout, tends greatly to wear out the frame, and lessen, not only the muscular, but the more vital powers; both of which therefore need to be carefully upheld. But I fear, in the physician's desire to subdue the inflammatory symptoms attending these diseases, the excessive strain upon the nervous system and the physical energies of the patient is too often, if not altogether forgotten, made of so secondary a consideration that exhaustion frequently supervenes before the physician is prepared for it. Then too surely comes the consequence of that increased debility—the disease attacks the more vital organs, and the result is fatal.

The symptoms of Acute Gout are too well known by the profession and the sufferers themselves to need description here. Nevertheless, it cannot be too strongly impressed upon all who have this complaint, that they should try to notice—each one for himself—those early warnings which presage an attack, and then immediately seek the advice of a medical man,

who ought to be able to mitigate its violence, and in many instances prevent it altogether. I have been frequently told by patients, that they would rather allow the disease to run its course, with the hope that it would find its own way out at the extremities, as when it did so they felt so much less after-depression. This, I believe, is by no means unlikely ; but I fail to see the wisdom of the course when the question is the simple one of—Why not prevent the appearance of the disease altogether ? The first change from health to disease is so slight that in its earliest stage harmless remedies can at once restore the patient to his normal condition, thus saving him a fit of pain and disease that will be certain to attack him a few days later. In this view, what I most desire to impress upon all is, that the *prevention of any disease is far better than its cure*, and to this end all medical skill ought to tend. This, however, no medical man can achieve unaided. The patient must watch for himself, and summon without delay the aid of those whose knowledge and experience may benefit him. If this simple precaution was invariably adopted, and poisonous remedial agents less used, we should soon see a race of far healthier men and women than we see

now, and hear much less of hereditary diseases and their consequences.

Having premised thus much on Gout and its premonitory symptoms, I now proceed to detail my method for its cure.

In Acute Gout I generally give a dose of my Castor-Oil Emulsion the first and third night, and on the first, second, and third day—three times during the day—I give a powder, according to my patient's constitution, composed of the finest Turkey Rhubarb and Calcined Magnesia, in water. The quantity in the dose varies considerably, and is determined by my experience, and the state of my patients. The effect of the Magnesia thus combined with the Rhubarb, is invaluable in Acute Gout. It neutralises the lithic acid in the system, while its effect in conjunction with the Rhubarb, by inducing a more healthy action of the liver, assists the natural assimilation of food, and prevents the further formation of the acid. As a proof of this, pain diminishes, the appetite improves, the tongue cleans, the skin resumes its functions, and the urine becomes more healthy. When I find the urine is high coloured and there is much fever, I give every night—the

last thing—a draught composed of spirits of Nitrous Ether, Cinnamon Water, and distilled water, until the urine returns to a healthier state, and the fever subsides. In other cases—which, of course, depend on the special state of each patient during an attack—I give a powder of two parts of Rhubarb and one Magnesia, administered in water, three times a day, with Castor-Oil Emulsion at night; and, in other instances, I give a combination of Rhubarb and Sulphur, with a similar draught at night. Not in one case out of one hundred under my care for pure Gout have these remedies failed. Generally my patients are free from acute pain in twenty-four hours, or as soon as the powders and emulsion have acted freely. By that time the Gout shows itself at one of the extremities. This I keep covered with medicated cotton to induce perspiration, and to soothe and protect the part affected, and on the fourth or fifth day my patient is generally able to walk about again. Let it be clearly understood that this result of treatment applies to pure Gout as it is seen in its earlier stages, and before the patient's constitution has been much undermined by drugs.

For diet, I allow fish, poultry, game, rice, and clear soups—indeed, avoiding anything rich or greasy, almost any simple food the patient may fancy. As soon as the Gout has declared itself at the extremities, I allow, once or twice a day, according to the patient's habits, a glass of Chablis in soda, or oxygen, water.

With these means I have cured numerous patients, and, as a cited fact is always more satisfactory than a general statement, I will now adduce one of the many cases from my note-book in which I treated pure Gout successfully on the above method.

A gentleman, the head of an influential London firm, aged forty, sent to me at the commencement of an attack of Acute Gout. I found him in great pain, extending from the hip to the foot, with his pulse full and bounding, skin dry, tongue loaded, urine scanty, very high coloured, and acid. His account of himself was, that he had not felt well for some days before the Gout showed itself, which it had done that morning. An attack commencing as this did, almost always seized him in the spring and autumn, and generally kept him confined to his bed for three or four weeks, and then usually another fortnight elapsed before

he was able to throw it off completely. It being about noon when I was sent for, I gave at once a powder of Rhubarb and Magnesia, in water. This was repeated at four o'clock. At night I ordered a dose of Castor Oil to be given to him. He had some pain during the early part of the night, but after an action of the bowels at three in the morning, the pain subsided so as to enable him to sleep. About eight o'clock in the morning the powder was repeated, and when I saw him about ten o'clock he was but in little pain except in the foot and ankle. His bowels had acted freely, his tongue was less furred, pulse softer, urine lighter in colour and much increased in quantity, his skin was moist, and he was asking for his breakfast, as his appetite, which had been very uncertain for some days, had partially returned. The Gout showed itself both in the foot and ankle, which I directed to be kept covered in medicated cotton. I continued the powders three times during the day, which produced three actions of the bowels, without weakening my patient. On the following day the powders were continued thrice, and the next day he expressed himself as feeling quite well, except that he had still pain from

pressure on the great toe of the affected foot. On the fourth day, with one powder before breakfast, he was able, to his great astonishment, to go into the City, and in a week was quite well, taking his ordinary exercise. My patient was told by his former physician that it was impossible his attack could have been cured in the time, that the disease was only put back, and that he would soon experience another and more severe attack to make up for it. Upon his telling me this I inquired, "Do you feel as ill as if an attack of Gout is hanging about you?" He replied "No; and it is a long time since I have felt so light and well." I then asked him, "Is not your tongue cleaner than it has been for some time?" to which he answered, "Undoubtedly," and added that he had not the slightest indigestion, and that nothing now seemed, as it did before the attack, to disagree with him. From the rapidity with which my remedies had checked and freed him from the pain, he expressed his entire agreement and belief when I told him I considered he was more free from Gout than he had been after any previous attacks, and consequently less likely to have a return of the malady. At the

same time I desired, if he had any indigestion, head-ache, checked perspiration, or any of the many warnings I pointed out to him which invariably give notice of its approach, to let me know at once, and I could easily prevent it. I also told him a fit of the Gout could not come on without certain premonitory symptoms, which were indicative of an excess of lithic acid in the blood; that when these symptoms appeared I could control them by neutralising the lithic acid, and prevent his indisposition continuing until it had culminated in another attack. Of this, as he admitted, he felt assured after the proof I had given him. In three months afterwards he had some slight threatening, but I prevented the mischief, as I told him I would, by the same method. After Christmas, when he had expected a severe attack from some over-indulgence while on a visit to a friend's country-seat, I was sent for to him, and again prevented the return of the disorder. I saw him occasionally for another twelve months, during which he was entirely free from Gout; and it is only just to myself and my method to say that he had lost all his former dread of the disease, and in consequence



was much more careless in his mode of living. So that if from this reason he had any threatenings I was sent for, and two or three doses of my remedies carried off the causé of the disarrangement. From his leaving England I lost sight of him for three years ; but upon his return he told me he had had one severe seizure, from sitting some time in wet clothes, since which, he said, he had been free from the disease. Now, under a treatment by which, with other medicines, he had always taken Calomel and Colchicum, this gentleman, for six or seven years, regularly had an attack every spring and autumn that lasted for five or six weeks, while between each illness he never felt his system so free from the malady that he might not expect its return at any time. Fortunately for him he had a very fine constitution, and directly he got about was in the habit of taking violent walking exercise, which assisted to relieve his system from the medicines he had taken during such attacks.

The previous case of the cure of Gout, effected by my method of treatment, is one selected from a large number. But as no two constitutions are precisely alike, so no two attacks of Gout exactly resemble one another ;

hence, great discrimination on the part of the medical man is necessary to guide him as to the administration of the remedies required, and the time at which they should be given. This, experience and practice alone can give; and, although when a medical man makes a speciality of the cure of any class of disease he soon acquires very great facility, yet in all cases his treatment, to be successful, must be subservient to, and modified by, the symptoms which arise during his attendance, and this no method of cure can exemplify.

The different effect of the same medicine on different constitutions is such a well recognised fact that there is no need to enlarge upon that portion of the subject. I can, however, lay claim to this much for my method of curing Gout, that in the varied experience of ten years I have never seen a case of metastasis to the heart, brain, or stomach arise in the course of my treatment, except where these organs or the kidneys had been previously diseased; that the pain lasts a much shorter time than under any other mode of treatment I have tried, or seen tried; and that the tendency to a return of the attack must be less frequent than when

the digestive organs have been debilitated by the depressing influence of injurious drugs taken to mitigate the pain.

One great object I have in view in writing these pages is to show, not only how Gout can be *cured*, but how, with discrimination and experience on the part of the medical man, aided by his patient, it is not difficult to *prevent*.

Why is it that one man is more prone to this disease than another? Without doubt, from hereditary or constitutional predisposition; for if two men of different temperaments commit similar excesses, by overloading the stomach with more food and wine than they can digest, supposing one to be of a gouty constitution and the other not so, you will find that in the gouty subject his imprudence brings on an attack of Gout, whilst the other only suffers considerable nausea and severe bilious disarrangement.

Assuming both these men previous to their excess to be enjoying equally good health, and having all their functions in their normal condition, why should an attack of Gout, arising from repletion and indigestion, be such a serious disorder as to be considered incurable by some such harmless means as would be applicable in a

case of biliary disturbance arising from a like cause ?

Now, what change shall we find to have taken place in the condition of these two men ? In the gouty subject loss of appetite, digestion greatly impaired, tongue coated, liver acting irregularly, bowels costive, skin hot and dry, kidneys acting less freely than they should do, as evidenced by the state of the urine. These symptoms, if unchecked, all favour the formation and accumulation of lithic acid in the blood, which would soon terminate in an attack of acute Gout.

In the other subject, we should find most of the like symptoms of disordered digestion, except that there might be more nausea, and probably vomiting, or purging ; after which, the skin would be acting more freely, the kidneys secreting more urine, and by these means the system would have been freed from many impurities.

Is the belief unreasonable that, if the physician know how to interpret the indications of Nature, he should find much more difficulty in the cure of Gout than in that of biliary disturbance ?

No medical man would hesitate to promise a speedy cure in the latter case, by the most harmless means ; Nature already having relieved the overladen stomach by the vomiting or purging, it would only be necessary to regulate the action of the liver, and then by another purge, to carry off any impurities or undigested food through the intestines. Should there, then, be a greater difficulty in performing a cure in the former case, by means equally harmless? My experience and treatment have taught me there should not. And by first understanding and then following the course that Nature has suggested, I have found no difficulty in restoring to their healthy action the stomach, bowels, kidneys, and skin. The accumulation of lithic acid about the organs of digestion is thus checked, and all danger of morbid action from it is prevented, so that whatever amount of disease may remain lurking in the system, will be expelled at the extremities ; all the vital functions will return to their normal condition, pain will cease, the patient's appetite revive, strength improve, and in a few days all symptoms of Gout will have subsided. I can say from experience, that I

have had no greater difficulty in curing many such cases, by the judicious administration of the remedies I have indicated, than I have had in curing indigestion and its consequences.

But if, instead of a patient being treated with a view to the restoration of his vital functions to their healthy condition, by the removal of the *cause* of his complaint, he is treated with such specific poisons as Mercury and Colchicum, in the hope of alleviating his gouty symptoms, and by narcotics, to prevent a consciousness of the pain resulting from his diseased state, he must find that little progress is made towards his cure. All his functions will continue to act in the same, irregular manner, until at last, if he has a rigorous constitution—after many hours, or even days, of excruciating suffering—a natural crisis of the disease may occur in defiance of the medicines, and the poison that has been too long retained in the blood will show itself at the extremities in the form of Gout; or more frequently, if his constitution has been much enfeebled, the disease gradually assumes a less pronounced form; under the depressing action of improper medicines more organic disturbances occur; the

patient becomes daily weaker, from the poisonous effects of the lithic acid with which his blood is charged, and finally discovers, that instead of being an occasional sufferer from an attack of acute Gout, he now suffers from a continuous sub-acute form of the same disease, and that, in fact, his original complaint has taken the form of Chronic, or Rheumatic Gout.

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### RHEUMATIC GOUT.

I shall now explain, as clearly as possible, my method of treating Rheumatic Gout. In many cases, I consider this complaint to be so much the result of either Gout or Rheumatism—the original disease assuming a new form from the nature of the medicines used—that to treat it with success—indeed, before an effectual remedy can be suggested—practice alone must teach us the extent to which a patient is suffering from former drug poisoning, and how far his disease may be complicated by it. Every day I am more convinced, that there are few sufferers from Rheumatic Gout, with con-

traction and inflammatory action of the joints, whose condition cannot be traced to the effects of Mercury; and few with depression and organic disturbances, whose sufferings may not be attributed to Colchicum. Assured of this, I satisfy myself of the patient's predisposition to Gout, or Rheumatism, and prescribe accordingly.

If I have a patient who is of a gouty temperament suffering from Rheumatic Gout, I usually find that the attacks have commenced with attacks of Gout, and that by degrees these have assumed less and less the appearance of pure Gout, and have taken the form of Rheumatic Gout. Having searched for, and found indications of the consequences of Mercury, I then commence my treatment by giving a powder of Rhubarb and Magnesia in water, and, at night, a dose of Castor-Oil Emulsion, or Castor Oil. The following day the same medicine thrice, and at night, should there be much febrile disturbance, a draught of Spirits of Nitrous Ether, Cinnamon Water, and distilled water, regulating the quantity of the Spirits of Nitrous Ether by the feverish condition of my patient. If the powders produce four or five actions of the bowels during the



day, I continue them, with this draught, at night, but if—as it sometimes occurs—they do not act freely, I then substitute for the morning powder a dose of Castor-Oil Emulsion. After twenty-four hours of this treatment, I generally find my patient with much less pain and fever, and the gouty inflammation showing itself freely at the joints of one of the extremities. This I cover with medicated cotton, as previously described. The increased action of the bowels arises generally from my remedies having caused the liver to act more freely, and thus much more bile is passing into the intestines. Then my patient's tongue begins to clean, his appetite to improve, and the pains to grow less severe. At this period, by carefully watching the urine and by its analysis, by the state of the tongue, the action of the bowels and skin, and by my own experience of my patient's constitutional vigour, I am enabled to determine whether it is necessary to act more upon the kidneys, or the intestines. On these internal remedies, for the first four or five days, I rely; occasionally substituting more Rhubarb, or Sulphur, for the Magnesia, as the state of my patient guides me.

In severe pain, without redness, I apply an

embrocation\* to the joints affected, after which I cover them with medicated cotton, entirely excluding the air. Directly the feverish symptoms and pain diminish, I allow my patients to take, with solid food, Chablis, in Soda or Oxygen water. I begin with one wine-glassful a day, and this I continue as long as I find the liver and kidneys acting as I require, and the bowels as I wish. I then gradually increase the quantity of wine. When the attack is subsiding, my patient's tongue quite cleansed, and his urine more healthy, I substitute—of course, guided by my patient's constitution—for the Rhubarb and Magnesia powders, Magnesia and Sulphate of Quinine, or a dose of the decoction of Peruvian Bark and Sarsaparilla, which I direct to be administered at eleven and four o'clock, and the former draught at night. In a few days these remedies go far to restore my patient to a state of convalescence,

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\* R. Sp. Camph. ℥j.  
 Sp. Terebinth. ℥ss.  
 Sp. Vin. Gal. ℥j.  
 Tinct. Opii, ℥j.  
 Ol. Olivæ, ℥ij.

M. ft. Linimentum.

With much inflammation I substitute—Acet. ℥j. for Sp. Vin. Gal.

after which, the use of mild tonics, continued attention to the action of the bowels, a judicious diet, with fresh air and gentle exercise, completely effect the cure. Should any relapse occur, from imprudence on the part of the patient, or from exposure to cold before he is quite well, I attack the symptoms that present themselves, with one or other of the remedies mentioned.

And here, it would be well that I should take the opportunity of reminding all sufferers from Gout and Rheumatic Gout, that there are no diseases which, during an attack, require such constant supervision on the part of the medical man, nor any in which, by injudicious or ignorant treatment, such fatal results may so speedily occur. For when once the blood is charged in excess with the poison that causes Gout or Rheumatic Gout, the complaint may at any moment assume a dangerous form and attack the vital organs; and the indications of such danger will only be apparent to a medical man who has made the treatment of these diseases his study. So that, however good the method may be under which patients are being treated, there may be times when the varying of that method, by a trifling alteration in the

medicines prescribed, would make the difference between a speedy restoration to health or a prolonged and painful illness; and although I trust much that I have written may prevent those who are constitutionally predisposed to these diseases from being attacked, in directing their attention to the great good they may derive by checking premonitory symptoms without the use of either poisonous or patent medicines, still it must be borne in mind, would they avoid the dangers I have mentioned, that those who attempt to treat themselves without medical supervision, do so with but slight chance of success, and at a terrible risk of fatal consequences.

Having thus stated my method of treatment for a patient under an attack of Rheumatic Gout, originating in pure Gout and confining the sufferer to his bed, I now turn to Rheumatic Gout, where the patient is of Rheumatic temperament.

In Rheumatic Gout of this character, where the original malady has been Rheumatism and there is in consequence much debility, I have frequently found great difficulties to contend with. I give my powders, the Castor-Oil

Emulsion, and a draught, for the first three days as in the former case. I have then, sometimes, found it necessary to discontinue the powders, and substitute—if the feverish symptoms were severe—small doses of Spirits of Nitrous Ether and Tincture of Myrrh in water, every three hours, with a pill of Rhubarb one night, and a dose of Castor-Oil Emulsion the next. And after anointing all the joints that are in pain with the embrocation before mentioned—sometimes omitting the Tincture of Opium—I cover them up completely in medicated cotton. If the patient does not suffer from very severe pain, by degrees, and according to the action of the liver and state of the urine, I increase the intervals between the administration of the Spirits of Nitrous Ether and Tincture of Myrrh, and as the feverish symptoms have subsided, I give in the forenoon a powder with Magnesia and Sulphate of Quinine, or a pill of Sulphate of Quinine and Magnesia. If the effect is favourable, on the second day I give the powder, or the pill twice. The diet is as nourishing as it possibly can be, without producing indigestion or feverish symptoms, and wine in larger quantities than in the former case. This phase of the disease,

however, is of so frequent an occurrence, and requires such great care in watching, that I only profess to generalise my method of treatment, which my experience may often require me to vary in many instances. For this reason, rather than generalise further, I will detail the particulars of a very severe case of Rheumatic Gout, accompanied by great debility, which in four months yielded entirely to my method of cure.

A patient sent to consult me for this disease in March, 1862. He was about forty-eight years of age. He commenced the history of his case by telling me, that his father and mother had both died from the consequences of Rheumatic Gout, and he felt quite sure that his own death would result from the same disease, for on account of his continued suffering, life had already become a burthen to him. His description of the origin of his malady was as follows. His first attack came on some few months after a very severe illness, during which he had taken a large quantity of Mercury. The attack of Rheumatic Gout was a very severe one, and there was an interval of two or three years before he was again a sufferer. In the mean-

time, whenever he had the faintest threatening of the disorder, he was doctoring himself with Colchicum and various patented Gout pills, and in this way he had some few attacks before the year 1856. Then he had a very severe seizure, which he was totally unable to throw off for three months, and which left him shockingly debilitated. During this attack he had taken very large quantities both of Calomel and Colchicum, from the effects of which he believed he had never recovered. From that time until my first visits to him, he said, his fits of suffering had become more frequent, and each year he was less able to throw off the disease, and he pronounced himself hopeless of finding a cure, or mitigation of his pains. He could not attend to any business for fear of being laid up with Rheumatic Gout when he ought to be keeping his appointments. He knew from sad experience that he might at any moment be seized with a severe fit. A slight cold was certain to bring on an attack, and so was an accidental blow, on any part of his body. A chill, a fit of indigestion, any mental excitement or annoyance, were equally provocative of the same result. When I first saw him he

walked with crutches, he was obliged to sleep on the ground-floor next his sitting-room, being unable to get upstairs; and from the continual use of Colchicum he was in a great state of mental depression. He was very certain I could do him no good, but consulted me, he said, to satisfy the continued persuasions of some friends whom I had cured of the same complaint.

On examination I found the usual signs—a feeble pulse, irregular action of the heart, a coated tongue, hot and dry skin, urine high coloured, complexion pale and sallow, bad appetite, and irritable bowels. There was then no very great inflammatory appearance about his knees or feet, although he complained of much pain in his ankles, knees, and feet. I commenced my treatment by administering a powder of Rhubarb and Magnesia, three times a day. This produced a slight increase in the action of the bowels. On the second day I gave the powders twice, and ordered a dose of Castor Oil at night. On the following morning the bowels were well relieved, and I now found my patient suffering less pain, and in the possession of some returning appetite. The



powders were then continued for two more days, when upon examining, and finding no great improvement in the state of his urine, I discontinued the powders, and gave Spirits of Nitrous Ether and Tincture of Myrrh, in water, three times a day. At the end of three weeks of this treatment, with a dose of Castor Oil every second or third night, as I found the bowels required it, my patient had made great progress. His spirits had revived, his pulse was fuller, tongue cleaner, bowels regular, the quantity of urine healthier, and his appetite much improved. He could do without his crutches, and venture up a few stairs without much discomfort.

I now commenced a more tonic treatment, and gave Magnesia and Sulphate of Quinine, at eleven and four o'clock, and the Spirits of Nitrous Ether and Tincture of Myrrh, only at night. Ten days after I was able to increase my tonic of Sulphate of Quinine, twice a day. The effects of the strengthening process now began to show themselves, and my patient's digestive organs were greatly improved. He could eat almost anything without discomfort, was allowed two glasses of sherry in soda-water,

daily, and as his system regained its tone, he was able to expel the poison from the blood through the extremities. His knees gradually became better, but in the left foot and its great toe there was an unmistakable appearance of inflammatory Gout, such as, he said, he had not seen for some time. In this attack, by the administration of the powders of Rhubarb and Magnesia, with a draught containing Spirits of Nitrous Ether at night instead of the Magnesia and Sulphate of Quinine, I got rid of all inflammatory appearances on the fourth day. I then discontinued the powders, and gave a pill of Magnesia and Sulphate of Quinine twice a day, with a pill of Rhubarb at night. This treatment I continued, with a dose of Castor Oil, instead of the pill at night, once a week. I persevered with these remedies for nearly a month, and my patient was making almost daily improvement. At the end of the month I increased the quantities of Sulphate of Quinine, still watching to see that the action of the liver and state of the urine were as I wished, and at the end of four months from the commencement of my method of treatment, my patient was able to go to the sea-side, completely free from any Gouty symptoms. All suffusion

and stiffness of the joints had subsided, his digestion was perfectly healthy, and his bowels were acting properly, without medicine. His pulse was regular, and his spirits were as good as he or I could desire. In short, as he himself expressed it, he felt "quite another man," and had no fear of the return of his complaint.

I then told him I saw there were but few traces of his old disease, or its effects, in his system, and if he were prudent and avoided Calomel and Colchicum, he would probably be a long time without any attack of the disorder, unless he neglected his digestion, or took severe cold; and then, under my treatment, it would only be likely to last three or four days.

In this case, in the early stage I used the embrocation before named to the joints, and wrapped them in medicated cotton, keeping them thus covered until all pain and discomfort had subsided.

I met this patient in the course of the following winter, when he told me that he had continued as well as when I had last seen him, and that he felt constitutionally much stronger. In 1865, when I again met him, by chance, he said he was, and had been, quite well with the excep-

tion of a slight attack of pure Gout, which passed off in three days, and that he had been taking little or no medicine, and did not believe he had ever been better in his life.

I will now instance three cases of long standing Acute Rheumatic Gout, to show the rapidity with which the pain and disease were cured by my method, although the patients, from their various occupations, were very differently circumstanced; and undoubtedly the tendency to the complaint in each case had been developed and was sustained by very opposite causes.

A waiter in one of the old-fashioned London wine stores, came to me on the 5th of September, 1865; he was then suffering so acutely from Rheumatic Gout in his foot and ankle, that it was with great difficulty, even aided by a strong stick, he could enter my room. He stated that he had been suffering a martyrdom from pain in the foot for many months, for which he had tried all sorts of medicines—patent and otherwise—with but little benefit. He had also been for four or five months under treatment at the London Hospital with no better result. He was almost without hope that any treatment could cure him, as the medicines that formerly slightly alleviated his pain, had

completely lost all other effect than to depress him. I found his foot and ankle much swollen, but without redness, his pulse was very feeble, tongue foul, and much coated at the root; his bowels were either costive or irritable, and his urine generally high coloured and scanty. I directed him to go home, wrap up his foot in medicated cotton, and take a powder of Rhubarb and Magnesia in water three times a day, and continue this treatment until I next saw him. On the 9th of September he again came to me. There was then a marked improvement in all his symptoms; all the pain in his foot and ankle had subsided since the 7th, and the swelling was now gone, so that he could wear his ordinary boot, and walk without the support of a stick; his tongue was cleaning, his bowels had acted copiously, his urine was passing very freely, and he said he felt himself better and less depressed than he had done for some months. I made an alteration in the quantity and proportion of the powders, which I now directed him to continue to take only twice a day, and I saw him again on the 11th of September, when his foot and ankle were quite free from all pain or swelling, and he was without the slightest weakness in the

foot; he told me that after the action of the last powders he had felt so much stronger, that he had on the 10th walked seven miles before breakfast, and on that morning, the 11th, he had walked from Stoke-Newington to London, to resume his occupation, which he could now do. He added that he had not walked so well, nor so much, for six months. I gave him some general directions as to diet, &c., and when I again saw him accidentally, some three or four months later, he was then, and had continued, quite well.

The second case is that of a man cook, at one of the City dining houses in Cheapside, who consulted me on the 4th of September, 1865. He told me he had been at intervals for many years a sufferer from severe attacks of Acute Rheumatic Gout, that he had been in intense pain in his right hand and wrist for many days, during the whole of which time, and for some weeks previously, his hand had been quite powerless, and that the pain in the hand was now almost unbearable. On examination I found his hand much swollen and inflamed, and on his right elbow there was an open sore that had been caused by continued application of mustard

poultices, employed in hope to relieve the pain. He was constitutionally much depressed, with a very feeble pulse; his skin was acting very profusely, and his urine was very scanty; his tongue was clean and his bowels were acting regularly. He said he believed at different times he had taken, with little effect, almost every patent medicine advertised to cure his complaint; and that he had also taken large quantities of Colchicum, which had now completely lost its power in relieving or even mitigating his pain, and that no medicines seemed to act in any way to stop his attacks.

I directed him to take a dose of my Castor-Oil Emulsion at night, and on the following morning, a powder of Rhubarb and Magnesia in water, which he was to repeat three times a day until I again saw him. On the 6th of September he said all pain had left his hand, after the action of the Emulsion and powders on the previous day; he had had no return of the pain at night, and was now quite free from it, and he was able to use his hand. His pulse was firmer, his bowels acting freely, and urine passing in much larger quantity, and

he said he felt much better and stronger than for some time past. On the 8th he was still improving, had had no return of pain, and was able to use his hand better. I now changed his powder to one of Magnesia and Quinine, to be taken twice a day. This he continued to take until the 14th, when I last saw him; then he was quite well, with a good pulse, and his bowels, skin, tongue, and urine in a healthy state, and without a symptom of pain or weakness in his hand or wrist.

The third case is that of a merchant in the City, who came to consult me on the 10th of August, 1865. He said he had been ill for three months with his first attack of Rheumatic Gout, to which he feared he was constitutionally predisposed, as his father had been a great sufferer from that complaint. He had gone through the ordinary treatment by Calomel and Colchicum, with so little benefit that he was ordered to go to Wiesbaden to drink the waters. This he did, and at the time was relieved, but on his return to London the pain and inflammation showed themselves in the great toe, when, further treatment failing to remove the suffering, some friend of his recommended him



to consult me. When I saw him he was quite lame with Rheumatic Gout in the foot, the toe of which was inflamed and swollen, and in considerable pain. His pulse was feeble, his tongue clean, bowels acting regularly, and urine abundant. I prescribed a powder of Rhubarb and Magnesia in water, three times a day, and saw him again on the 12th; then his pulse was stronger, all pain and inflammation had gone from the toe, and he said they had ceased after the action of the medicine. I now made a change in the quantity of his powders, and saw him again on the 14th, when, as all his symptoms were still improving, I ordered him a powder of Magnesia and Quinine, and this he took twice a day until the 17th, when he was able to wear his ordinary boot and walk as easily as before the attack, and was in every respect quite well, having had no symptom of pain since the 11th. I gave him some general directions for his guidance should he have any threatenings of an attack, either in consequence of over-work or cold, with instruction as to what medicines to avoid should he again be ill. I occasionally meet this gentleman, with whom I have been on terms of intimacy since his cure,

and he assures me that from that time he has never had another attack.

In the foregoing cases it will be seen, that each patient was free from pain in from twenty-four to thirty-six hours, and their cures were effected under ten days, although the cases were all those of Chronic Rheumatic Gout of some months' standing ; and in the two first cases the patients' occupations were not such as to assist my efforts ; whilst in the last case the patient's system was so thoroughly freed from the *cause* of his malady by the seventh day, that, in defiance of his inherited constitutional predisposition, through his father, he has from that time to this—now five years—been without any threatening of another attack.

Before drawing to a close, I will add another case in which my method was signally effectual.

A gentleman came to me, requesting my immediate attendance upon his wife ; she was dangerously ill, and her own medical man feared to take the entire responsibility of her case any longer.

Upon my arrival, I found that the lady had been for some weeks under treatment for an attack of Rheumatic Gout, which during the last few days had completely left the extre-

mities, and that all the powerful medicines given—including Calomel, to salivation—had failed to cause its return to them.

When I first saw her she was in a high fever, her pulse was one hundred and twenty. She complained of great pain in the head, and had been slightly delirious the preceding night. Her tongue was foul and raw; there was no moisture on the skin; urine coffee-coloured, and teeth loose; she could keep no food upon her stomach, and had been incessantly vomiting, with intense pain, for four or five hours. The abdomen on pressure was excessively tender; metastasis was undoubtedly taking place, and the disease, if not promptly removed from the stomach and intestines, would in a few hours prove fatal.

I saw the patient was in great danger, and at once administered a powder of Rhubarb and Magnesia in water; had her legs covered in hot flannels, and hot water bottles applied to the feet. I then remained to see that the medicine was not rejected by the stomach. No sickness following its administration, and my patient appearing more tranquil, I left, ordering another powder to be given in four hours from that time.

In six hours after my first visit, I returned, and found my patient better. The powders had caused the bowels to act freely, all vomiting had ceased, and the tenderness of the abdomen was considerably less. I ordered the powders to be continued three times a day, and on the following day gouty inflammation began to show itself unmistakably in both feet and ankles. The next night my patient slept well for the first time for many nights, and on the following morning all the feverish symptoms were subsiding rapidly.

These powders in the day-time, an occasional dose of Castor Oil, with a draught of Spirits of Nitrous Ether and Tincture of Myrrh at night, were the only remedies I used at this stage to turn the disease from the dangerous course it had taken.

In less than a fortnight my patient was free from discomfort, and was able to put her feet to the ground.

I cite this case to show the immediate effect of my remedies in freeing the internal organs from the disease, and driving it to the extremities—its natural outlet. This, I believe all medical men will support me in saying, is the

greatest test of the value of a remedy in this usually unmanageable complaint, when metastasis to any vital organ is taking place.

It would be beyond the scope of this book to record more cases of the many cures I have effected; the proof of the value of what I write I therefore leave to the testimony of those patients whom I have not only cured, but kept free from attacks of Gout and Rheumatic Gout; and if they express themselves to others, on the effects of my method, with half the warmth they have done to me, then I think it will not be long before sufferers from these diseases will learn to believe, not only that they may look forward to a speedy alleviation, but in most instances, to a *permanent cure*.

I have said but little about the value of analysis of the urine in these complaints, but my experience leading me to recognise its primary importance, I must urge the necessity of its being constantly made, as its results will enable the medical man to understand not only the present stage and cause of the malady, but to estimate by it the chances of the ultimate success of his treatment.

In conclusion, I desire most strongly to im-

press upon my readers, the following practical results of my experience.

Firstly, that Gout, and Rheumatic Gout, whether in their Acute or Chronic forms, are in the majority of cases curable by the administration of Spirits of Nitrous Ether, Rhubarb, Magnesia, Sulphur, Castor Oil, Quinine and other medicinal forms of the Cinchona Bark, and Sarsaparilla, with external lotions and embrocations.

Secondly, when treated by my method of using the above remedies, depressing after effects are almost unknown, and it is just as impossible that contractions of the joints should remain when the acute attack has passed; as the action of these remedies checks the pain and the inflammation that results in the deposit of Urate of Soda, or *Chalk Stones*.

Thirdly, that in our climate Mercury in any form causes fever, and induces disease and contraction of the joints; increases the tendency to the formation of Urate of Soda, makes the sufferer more liable to attacks, by rendering

him more sensitive to damp, cold, and atmospheric changes; is one of the principal causes of the alteration of these maladies from the acute to the chronic form; and that its effects on the system are cumulative, thus laying the foundation of severe chronic disease.

Fourthly, that Colchicum causes, in proportion to the doses taken, loss of appetite, great nervous depression, much functional disturbance, and has the effect of greatly reducing the vital powers; that it prevents the natural outlet of the disease by the extremities; favours the retention of poison in the blood; and that its administration in Gout, or Rheumatic Gout, is, by depressing the system, one great cause of the malady eventually attacking the more vital parts, such as the brain, heart, kidneys, bladder, and stomach; while by its continued use, the natural action of every organ in the body is perverted, and in consequence, the sufferer becomes in time, not only physically and mentally weakened, but hopelessly diseased.

Fifthly, that in these complaints no form of Mercury or Colchicum need be administered, because these drugs at the best can only act as palliatives.

And lastly, that sufferers from the chronic forms of these disorders will derive no permanent benefit from any treatment that ignores or overlooks the injurious effects of Mercury or Colchicum on the patient's constitution; whilst, by the medical man who possesses the knowledge that will enable him to free his patient's system from the injurious effects of these medicines, it will be found that Gout, and Rheumatic Gout, can be easily controlled and cured by non-injurious remedies.

I have come to all these conclusions after careful study. I must therefore hold firmly to tenets which my experience has taught me are *truths*.

So carefully have I worked the method I advocate that, for some years, every drug I have used in the treatment of these diseases, has been submitted to such tests as satisfied me that it was pure and of the finest quality; and all the medicines, too, which my patients have taken, have been made up by myself, or under my personal superintendence. These details I admit were at first very irksome, but the knowledge derived from this extra care was soon so apparent—in the certainty with which my remedies



acted—that I have never ceased to feel gratified at having been successful in developing a system which has produced such satisfactory results.

I am quite prepared for many objections to my method of cure; because I know it must be tried and proved by time, practice, and experience, before my brother practitioners will be brought to acknowledge the great value of the remedies I have indicated, and the immense results to be obtained in the treatment of these diseases by their careful and judicious administration.

After stating my practical experience with many years' test, I can afford to await their verdict; assured that in time, what I have now written *must be accepted by the Profession as a great truth* which will lead to important changes in the system of treating many other diseases besides those which are the especial subject of these pages; and that this may eventually occur is my earnest hope. Then, if through my instrumentality, a truth be disseminated that will check the practice of administering medicines to palliate symptoms, without preventing or removing the cause of the malady, I shall feel I have not worked in vain.

## APPENDIX.

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Dr. Bennett's Report, slightly abridged to save space, is taken from the *British Medical Journal* of May 8th, 1869. It runs thus:—

“ *Conclusions regarding the Cholagogue Action of Mercury.* ”

“ The foregoing observations seem to us clearly to show that  
 “ blue pill, calomel, and corrosive sublimate, when given to  
 “ dogs in either small, gradually augmented, or in large doses,  
 “ do not increase the biliary secretion; they do not even influ-  
 “ ence it so long as neither purgation nor impairment of health  
 “ are produced, but they diminish it as soon as they produce  
 “ either or both. It may be urged that, although we have  
 “ proved this regarding dogs, it does not follow that on man  
 “ these drugs will have the same action. It must be admitted  
 “ that some animals are altogether insensible to remedies which  
 “ produce powerful effects on others; that different doses are  
 “ often requisite to occasion similar results; and that there may  
 “ be peculiarities so very decided as to render it impossible to  
 “ infer what will be the action of a remedy on one animal  
 “ from its influence upon another. But have we any reason  
 “ to conclude that in the present instance there exists such  
 “ difference in the action of mercury as to prevent any inference  
 “ being drawn from the dog regarding man? All the facts with  
 “ which we are acquainted show that it is legitimate to infer  
 “ that the action of mercury ought to be regarded as similar

" in both cases. We have demonstrated that, as regards its  
 " action upon the salivary glands, mouth, intestine, appetite,  
 " and general nutrition, the influence of mercury is the same.  
 " We therefore infer that it is in the highest degree probable  
 " that its action on the hepatic secretion will also be the same.  
 " The only difference that there seems to be between the dog  
 " and man as regards the action of mercury, consists in the  
 " fact that in the dog larger doses are generally required to  
 " produce the same effects as those observed in man. But even  
 " here it may be argued that more marked results are required  
 " to satisfy the observer, and hence the greater dose necessary.  
 " These circumstances, therefore, cannot be held as affecting the  
 " conclusion at which we have arrived.

" We have not deemed it worth our while to experiment upon  
 " any other animal, for we are unable to see how such experi-  
 " ments could materially strengthen our position. \* \* \* \*  
 " In addition to the therapeutical facts previously mentioned,  
 " which, after all, are the most important, there are these, that  
 " the qualitative composition of canine is the same as that of  
 " human bile, and that the dog, like man, can feed on a flesh,  
 " vegetable, or mixed diet. \* \* \* \*

" But it may be supposed that mercurials possess some specific  
 " power of exciting the biliary secretion by acting on the orifice  
 " of the common bile-duct, and so stimulating the secretion through  
 " the nerves which connect it with the liver, just as pyrethrum  
 " and vinegar stimulate the salivary glands when they are applied  
 " to the orifices of the salivary ducts. It might also be objected  
 " that, inasmuch as in our experiments the common bile-duct  
 " had been divided, the nerves alluded to might have been so  
 " injured that stimulation of the orifice of the common bile-duct  
 " could no longer excite the secretion. It remains to be shown,  
 " however, that mercurials do specially excite the orifice of the  
 " bile-duct. It is not probable, at any rate, that their influence  
 " on the biliary secretion was, in the cases of dogs 6, 7, and 8,

“ prevented by division of hepatic nerves. In these experiments  
 “ the common bile-duct was simply divided with as little injury  
 “ to neighbouring parts as possible (in previous experiments  
 “ a portion of the bile-duct was removed), and these animals did  
 “ not suffer in the least from the shock after the operation ; so  
 “ that nervous injury could not have been extensive. Moreover,  
 “ in the case of dog 7, the parts around the common bile-duct  
 “ were dissected after death, and the nerves proceeding from the  
 “ solar plexus to the liver were found at some distance from the  
 “ duct, and had apparently suffered no injury at the place where  
 “ it had been divided. The Committee, therefore, do not attach  
 “ any value to this objection.

“ But some may say that, although we have proved that mer-  
 “ cury diminishes the biliary secretion in dogs, and that in man  
 “ its action will in all probability be the same, yet our experiments  
 “ have been performed on animals in a state of health ; and that,  
 “ had they been made on dogs with diseases such as those in  
 “ which mercury has been *supposed* to increase the hepatic secre-  
 “ tion, it would possibly, in the case of such dogs, have been  
 “ increased. With such an hypothesis we need not seriously  
 “ occupy ourselves until the objectors *prove* that, in any case  
 “ whatever, mercury can increase the biliary secretion in man.

“ We have been unable to discover any facts brought to light  
 “ in this or any other age which prove that mercury stimulates  
 “ the biliary secretion. So far as we can make out, the notion  
 “ that it does so originates in some vague statement made by  
 “ Paracelsus,\* or the authors of his time, as to the good effects  
 “ of mercury in what he has called ‘*icteritia*.’ But, we repeat,  
 “ not only do we not know how such a notion has arisen, but we  
 “ are ignorant how to make direct observations on the subject in  
 “ man. We have already stated that such observations are, in

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\* Paracelsus (Aur. Phil. Theoph.), *Opera Medico-Chemica*,  
 3 tom., 4to. Francof., 1603-1605.—*De Ictericis*, vol. i., p. 329.

“ the present state of physiological chemistry, impossible. We do not deny the possibility of mercury being useful in some diseases of the liver. We simply say that the notion of its doing good by increasing the biliary secretion is untenable.”

“ *Results of the preceding observations on the Cholagogue Action of  
“ Pilula Hydrargyri and Calomel.*

“ 1. Pilula hydrargyri, when given in doses which did not produce purgation, caused no increase of the biliary secretion.

“ 2. Pilula hydrargyri, when given in doses which produce purgation, diminished the biliary secretion.

“ 3. Calomel, given in doses of one-twelfth of a grain, from six to fourteen times a-day, and in doses of two grains from two to six times a-day, did not produce purgation or increase the biliary secretion.

“ 4. Calomel, when given in doses which produced purgation, diminished the biliary secretion.—*Report of the Edinburgh Committee on the Action of Mercury, Podophylline, and Taraxacum on the Biliary Secretion. By John Hughes Bennett, M.D., F.R.S.E., Convener and Reporter.*”

In the same paper the value of the above report is evidenced by the following extracts taken from its leading article :—

“ A belief in the cholagogue action of mercury on the liver is almost universal among medical men and among the public at large. In every work on *Materia Medica*, it is assumed as a settled fact that mercury increases the biliary secretion; and every lecturer on therapeutics inculcates it as a well-established truth. For centuries, the treatment of diseases of the liver, especially in our Indian possessions, has had for its chief feature the various methods of administering mercury. Even at the

“ present day, although the abuse of this drug has been decried,  
 “ its employment is still thought necessary in some form or other  
 “ of hepatic disease. We shall not enter upon the discussion of  
 “ its merits or demerits—the wonderful cures which it has effected,  
 “ according to some; or the injured health and shattered consti-  
 “ tutions which it has produced, according to others.

“ There can be no doubt that the answer to the question,  
 “ whether mercury did or did not increase the biliary secretion,  
 “ had become one of paramount importance; but the inquiry  
 “ involved labour and difficulties which few were prepared to  
 “ encounter. We are proud to say that a Committee of members  
 “ of the British Medical Association at length undertook the task;  
 “ and their Report” [previously inserted] “has definitely deter-  
 “ mined that mercury, in whatever manner, dose, or form it may  
 “ be administered, has not the slightest influence in increasing  
 “ the flow of bile from the liver.

“ ‘If,’ says the reporter, ‘the refutation of a wide-spread error  
 “ be as important as the establishment of a new truth, the  
 “ practical advantage of demonstrating that mercury is not a  
 “ cholagogue cannot be too highly estimated.’ We agree with  
 “ the remark, however, made by Mr. Flower, as President of the  
 “ Physiological Section of the British Association last year at  
 “ Norwich, where the Report was read; viz., that this is under-  
 “ stating the value of the result. The refutation of a wide-spread  
 “ error of this kind is much more important than the establishment  
 “ of a new truth, inasmuch as the injury inflicted by the universal  
 “ assumption of a false rule of medical practice produces injury  
 “ which it is impossible to estimate. Whatever opinion, there-  
 “ fore, be held as to the value of mercurials in hepatic diseases,  
 “ no one can doubt that, looking at their powerful effects on the  
 “ human frame for good or for evil, the conclusions involved in  
 “ the Report, if correct, constitute an immense gain for medical  
 “ knowledge.

\* \* \* \* \*

“ The thanks of the profession are due to Dr. Bennett and his  
 “ coadjutors for their labours. The demonstration which they  
 “ have effected, of the fallacy of the commonly received idea as to  
 “ the action of mercury on the liver, is likely to be a benefit of no  
 “ less importance than the abolition of universal blood-letting in  
 “ acute inflammations—especially in pneumonia.

\* \* \* \* \*

“ With a view of exhausting all that had been alleged con-  
 “ cerning the influence of drugs on the liver, the Committee in-  
 “ vestigated, in the same careful way, the action of podophylline  
 “ and taraxacum; and clearly show that these drugs have not,  
 “ any more than mercury, the slightest influence as cholagogues.

\* \* \* \* \*

“ It is unnecessary to dwell upon the importance of the results  
 “ at which the Committee have taken so much pains to arrive.  
 “ If the refutation of a wide-spread error be as important as  
 “ the establishment of a new truth, the practical advantage of  
 “ demonstrating that mercury is not a cholagogue cannot  
 “ be too highly estimated. Although, in recent times, the  
 “ administration of mercurials for hepatic diseases has greatly  
 “ diminished, their employment is still very general, and in India  
 “ almost universal. Recent cases demonstrate that long-con-  
 “ tinued salivation and great loss of health have been produced  
 “ in the attempt to remove old abscesses or other chronic diseases  
 “ of this organ, and there are few of its lesions in which it is  
 “ still not thought advisable to try small or full doses of the  
 “ drug.”

In the *Medical Times and Gazette* of October  
 the 2nd, 1869, the following remarks are  
 made :—

“ Whatever good effects may be obtained by using mercury  
 “ are still facts which no change of theory can alter. Modern

“researches only alter our interpretation of the facts, and not the facts themselves; and if mercury does not increase the amount of bile secreted by the liver, as has been hitherto supposed, but, in reality, diminishes the supply, it follows that we must look upon our results from a different point of view, and admit that our knowledge of the action of this drug, as of most others, is simply empirical.”

\* \* \* \* \*

After recapitulating the experiments given in the above Report, the *Medical Times* goes on to say:—

“The Edinburgh Committee appointed by the British Medical Association consider that these facts show that mercury has the same action on a dog that it has on man. This is an important fact, and it seems to be warranted by the report.”

\* \* \* \* \*

“It will be sufficient now to point out a few of the objections which may be brought against the conclusions adopted by the Committee. We have already seen that no valid argument can be raised against observations made upon dogs, inasmuch as the symptoms produced in these animals were very similar to what we meet with in man; ‘the only difference that there seems to be between the dog and man as regards the action of mercury consists in the fact that in the dog larger doses are generally required to produce the same effects as those observed in man.’ With many it will be looked upon as an objection that while these results were obtained in healthy dogs, we cannot argue that they would be the same in disease. This is an argument much easier to state than to answer; but the difficulty of replying to it does not strengthen the position of its supporters.”

“When all the known facts of a case are in favour of one



" view, it may easily be argued that similar results would not be  
 " obtained in persons in disease ; it is clear, however, that the  
 " objectors have the more untenable position, since, although  
 " their hypothesis cannot at present be refuted, they have actually  
 " no facts to warrant them in the assumption ; while, on the  
 " other hand, careful observations have been made and a theory  
 " framed in accordance with the facts. And so it is that as  
 " science progresses old views, long cherished, have to make way  
 " for the new, so it is that we have to give up what was taught  
 " in our youth, to find in our maturer years that our hypotheses  
 " are incorrect. But if this is true in the case of mercury, what  
 " can we say in favour of other drugs ? In truth, with all our  
 " experience, we know but little even yet of therapeutics ;  
 " hitherto we have made theories and explained away facts in  
 " accordance with the notions we held about their action, and  
 " those notions were ever changing with the prevailing fashion of  
 " the day.

" We have by degrees lost that faith in mercury which it was  
 " the privilege of our forefathers to possess ; it has been shown  
 " that inflammations and fever can be cured without it ; some  
 " even have ascribed many of the dire effects of syphilis to its use.  
 " Still there remained a belief with many that it had some  
 " influence on the hepatic secretion. Even this last hope seems  
 " vanishing, and we may soon come to the conclusion that its  
 " only use in doses short of salivating is to purge ; for this pur-  
 " pose a more harmless drug may perhaps be substituted.

" There is one advantage which comes from the scientific work  
 " of the present day. In upsetting old theories, it paves the way  
 " for new ones ; it does this, too, by more accurately recording  
 " facts, and so making the new views more nearly approximate to  
 " truth. It is better to have no theories at all than to cherish  
 " erroneous ones : it is better still that men should doubt, if in the  
 " end they are led from scepticism to belief."





