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# INSTRUCTIONS

FOR THE

Proper Use and Application

OF THE

# REMEDIES

PREScribed FOR THE

# GOUT.

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By D. SMITH, M. D.

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Printed for CARNAN and NEWBERRY, in St. Paul's Church-yard: Where may be had, by the same Author, *A Letter to Doctor CADOGAN; Observations on Doctor WILLIAMS's Treatise on the Gout; and his Apology for practising Physic.*



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## INSTRUCTIONS, &c.

BEFORE I enter upon the proposed instructions, give me leave to declare, if they are not strictly and most exactly followed, the patient must not expect that relief, which I will undertake to promise to his faithful observance of them. The uniform success which has, in every instance, attended the regular use and application of my medicines fully justify me in making this promise.

It too often happens, that persons who have been afflicted with any chronical disease, presume on their knowledge, and act contrary to the directions of their physicians. Most people who have done this, have had occasion dearly to repent it; and,

as

as I have seen some very bad consequences arise from this conduct in gouty patients, I find myself under an indispensable necessity to warn all those, who may be inclined to use my remedies, not to deviate from my instructions.

EXPERIENCE is the true touch-stone of knowledge ; without it we are subject to perpetual errors ; led by it we have a foundation for reasonable hopes of success.— This is particularly the case with regard to the science of physic, as every ingenuous and candid professor will allow. Few there are depending on the most plausible theory, who have not seen abundant cause to lament the fallibility of human reason, and to retract opinions founded on mere conjecture : And how much more dangerous is it for men, unassisted by science, to deviate from the paths of experience ? If, on a journey, two roads alike present themselves, and you take the wrong one, how quickly

are

are you led astray ? An exact direction in this case, from one who had often gone the same road, would have been the means of guiding you safely to your journey's end. The application is, that, as I have been afflicted with the gout for upwards of twenty-five years, have made this disease so attentively my study, have had so long an experience of the remedies used in my own case, and lately administered them with such success to others ; I may surely, without vanity or presumption, consider myself properly qualified to instruct patients in the use of them with safety and advantage.

FIRST, let those gouty subjects who are in a tolerable state of health, but whose joints have been injured and made tender by this disease, loosen the cork in the bottle of the weak liniment, and put the bottle into a basin of hot water, reaching half way up the bottle : Let it stand in the water till the liniment runs like oil ; then

anoint

& anoint every part that has been weakened,  
 " or made tender by the gout; covering it  
 either with fine linen cloth, or soft white  
 cap paper, and over that put a single flan-  
 nel: In the morning the whole may be  
 removed, and common stockings or gloves  
 put on as usual, without any danger or con-  
~~Anoint~~  
~~twice a week~~  
 finement. During this application, once or  
 twice a week, take as much of the elixir,  
 the first thing in the morning, as will pro-  
 cure two stools in twenty-four hours, and  
 no more; drinking half an hour after a ba-  
 son of water-gruel. As different constitu-  
 tions are variously affected by purgative  
 medicines, begin with a tea-spoonful in a  
 quarter of a pint of spring water, after  
 having well shaken the bottle: If a tea-  
 spoonful does not answer the end, increase  
 the quantity till it does: In the day time  
 use as much exercise as you can bear, and  
 let some part of it be walking. Great tem-  
 perance is absolutely necessary, both in eat-  
 ing and drinking; I would however recom-

mend

“ mend a free use of acids, and all kind of  
 “ fruit, particularly stewed gooseberries, straw-  
 “ berries, raspberries, and roasted apples, with  
 “ cream and milk of equal quantities.

*Free use  
use of  
Acids,  
Fruit &c*

THE above directions are to be observed  
 before a patient has a regular fit of the  
 gout; which will not perhaps return so  
 soon as usual, if he nicely adheres to them,  
 unless the acids should precipitate a fit,  
 which may happen if he has been unaccus-  
 tomed to their use.

“ **SECONDLY,** Let those who may have a re- *Bled*?  
 “ gular fit of the gout, and are stout and *when*  
 “ strong when seized, in the first or second *Necessary*  
 “ day (and by no means after) lose from  
 “ twelve to sixteen ounces of blood; and at  
 “ night take the following draught, which  
 “ should be repeated every night if the pa-  
 “ tient continues restless, not otherwise.

“ **DISSOLVE** half a drachm of nitre in two *Nitre*  
 “ ounces of sweet fennel seed water; to this *Draught*  
 “ add

4 add tincture of Russia castor and saffron,  
 4 of each, sixty drops for a dose ; to be taken  
 4 about ten o'clock.

*How the  
Liniment  
is to be  
used in  
a Fit  
of the  
Gout.*

To the part affected by the gout, apply the weak liniment as directed in the first instructions : if this does not take off the pain in a quarter of an hour, anoint it a second time ; if this should not procure ease within the time before-mentioned, then anoint with the strong liniment ; which has never failed giving me perfect ease. If any other part of the body should be attacked, treat it in the same manner. Provided a violent swelling should come on in consequence of this treatment, (which will be a fortunate circumstance) do not on any pretext whatever suffer the part to be opened and exposed to the air, till the swelling is subsided, as it may most probably repel the gouty humor, which cannot fail of being highly dangerous. If the swelling should discharge, and the flannel stick to the part, as soon

as the swelling is gone, dress it with the " gouty salve, spread thin on fine linen cloth,, which will soon heal it without the least, *Meat* danger or pain. Every morning, while the *To be* fit continues, take the elixir as directed in, *avoided* the first instructions. During the fit, abstain from flesh meat, and let your food be either beef, veal, or mutton broth, not strong, nor long boiled, with thin bits of bread; or water chocolate: At night, for supper, eat a full pint-bason of fagoe, not thick, but well boiled; with the juice of half or a whole lemon squeezed into it, add *How to eat* one spoonful of either red or white wine, *when* and sweeten it to the taste: With this eat, *hotbed* a few thin slices of bread and butter. If, *with* you are thirsty, water with a toast in it, *Flatulen-* will be a very good kind of liquor; and *cies* of late I have found it better than le- monade. If you are oppressed with flatulen- cies, take half a drachm of the powder of sweet fennel seed, and repeat it if necessary."

*Bleeding when to be avoided*

INSTRUCTION THE THIRD. I advise those who are much debilitated by a fit of the gout, either from improper management, or any other Cause, to avoid bleeding; which in this Case will be highly injurious; so will much purging: A sufficient quantity of the elixir however must be given, in order to procure one stool in twenty-four hours, and no more; about half an hour after take at least half a pint basin of water-gruel. If this will not fit well on the stomach, squeeze half a lemon into it, with a spoonful of Canary wine, and an agreeable quantity of sugar. This kind of food I have frequently known stay in the stomach of such debilitated patients when nothing else would; and it is absolutely necessary they should take much soft nourishing food, particularly fagoe as directed in the second instructions.

WHEN those patients mentioned in the second and third instructions, are so well recovered as to be able to digest animal food,

food, and find an inclination for it, let them take every day about half an hour before dinner, from 30 to 60 drops of elixir of vitriol in a gill glass full of spring water. By strictly observing this rule, they will not only recover their strength much sooner, but will likewise prevent the accumulation of gouty matter, and therefore will enjoy a longer interval of their fits, and will be better able to bear them when they come.

*Elixir of  
vitriol*

If a gouty patient strictly observes the foregoing rules, (which are certainly not difficult) I will venture to assert, he will live free from pain, his fits will be shorter, and he will very soon recover the perfect use of his limbs, provided the joints are not stuft with callosities or chalk-stones; and should this be his misfortune, it will prevent the farther accumulation of such substances.

I SHALL now subjoin some instructions with regard to the dress proper for a gouty

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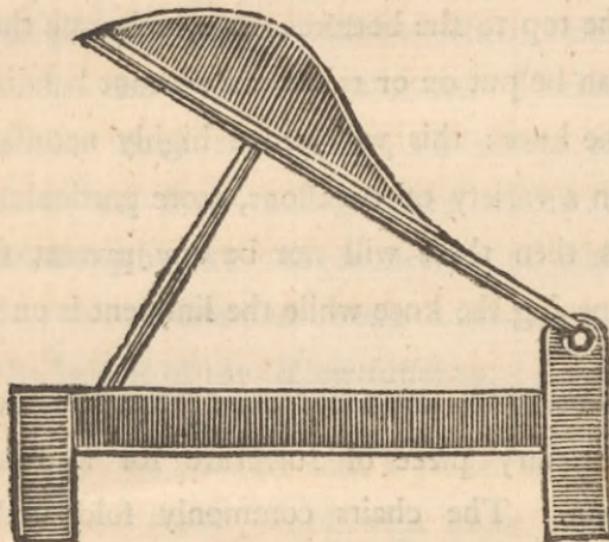
subject, with some other minutiae necessary to be observed during the paroxysm ; which as they have contributed to alleviate my uneasiness, may serve for the relief of others under the same circumstances. Had any author done this before, it would have saved me from passing many restless and unhappy hours ; the recollection of which, has drawn from me these instructions for the benefit of my fellow-sufferers.

PROVIDE yourself with a jacket made of thick soft flannel, lined with white flannel ; the form of it may be like that commonly worn by sailors : Let it be made to unbutton from the collar to the end of the arm, that occasionally it may be taken off or put on, without being obliged to bend the arm : by this means the afflicted person will be enabled to apply the liniment either to the elbow or shoulder without pain or much trouble ; it will likewise greatly facilitate his being dressed or undressed, which is often the occasion of great uneasiness to a person labouring under a fit of the gout. IN

IN the next place order a pair of breeches of white freeze lined with fine flannel; let these likewise be made to unbutton from the top to the bottom; in which case they can be put on or taken off without bending the knee: this will prove highly necessary on a variety of occasions, more particularly as then there will not be any pretext for opening the knee while the liniment is on it.

PROCURE also a bed-chair: this is a most necessary piece of furniture for a gouty man. The chairs commonly sold under that denomination do not answer the purpose in any degree; that which I am in possession of is exceedingly convenient, of which the following description, together with the drawing annexed, will, I apprehend, enable any workman to make the like. The frame is 18 inches square; the legs from the bottom of the frame is 2 inches long; the back of the chair from the frame is 26 inches long, 16 inches wide at the bottom, 21 inches at the top; the side

fide flaps are 17 inches long from the top, and 10 inches wide in the centre.



HAVING the bed properly made for a person in the gout is a nicety little attended to, tho' of so much consequence to the unhappy patient who lies on it. The following method has contributed much to my ease. In the first place let there be a stout foot-board made to fix or remove at pleasure. If there is the least probability of the patient's being confined to his bed for any time, let the feathers be drove from the head of the bed to the feet; this will pre-

prevent him from sliding too far that way, which he will otherwise be apt to do; on this place a mattress, and let it be well pressed down equally all over the bed, that he may not sink too low in the bed, which on many accounts is inconvenient. Let the under sheet be spread under the bolster, and tuck'd under the bed, which will be the means of keeping it smooth and easy during the whole confinement: It is also necessary the sheet should be placed in this manner, because whenever the bed-chair is put behind the sick person, the bolster and pillow must be removed.

HOWEVER trifling these instructions may appear to persons not much afflicted with the gout, I hope they will not be considered in that light by those that are, for whose use alone they are intended; and I am persuaded they will be kindly accepted; at least by such as cannot contrive or invent with greater facility than myself. To conclude, it is a rule with me as soon as I am con-

convinced of the approach of a regular fit of the gout, to take to my bed, put on my jacket, and wear it as long as I continue there. I sleep with my hands out of bed, covered over with flannel, or a pair of worsted gloves when I can put them on. Thus cloathed, I sleep as upright as possible, kept up with bolsters and pillows. In the day time I have the chair placed behind me; and by such simple contrivances pass away the time with greater ease and satisfaction than can be conceived by any who are without these advantages; and, during the fit, feel no uneasiness but what naturally arise from confinement: I never quit my bed 'till I can do it mostly by my own efforts, and, for years past, eight or nine days have been sufficient for this purpose, notwithstanding the gout was in almost every joint.

F I N I S.

## A P P E N D I X.

**T**O the first instructions. If any eruptions appear in consequence of the Application of the Liniment, discontinue the use of it till they are gone; when it may be repeated as before.

To the second instructions. During the fit, take (every day) the juice of two lemons at least, sweetened with sugar: Tho' this may be contrary to general practice, be assured no bad consequences can possibly happen from it; on the contrary, that fever which invariably attends a fit of the gout, will be lessened in proportion to the quantity of lemon juice taken. If the fit has been exasperated by the patients having drank much wine, or spirituous liquors, or having eat animal or high seasoned food, it is possible the Liniment may not give that speedy relief promised, the first day; tho' it certainly will the second,

provided these instructions are in every respect exactly followed.

If the patient should take cold during the fit, and in consequence of it have his face swelled or inflamed, let him in this case discontinue the use both of the elixir for the gout and the liniment till the inflammation disappears ; which it will soon do, however if he is under any fearful apprehensions, and will not wait for its going off naturally, he may take every Morning while it last, about two drams of cream of tartar, increasing or lessening the dose, so that it may give two stools in the day. Let the elixir for the gout be taken at least once a week for two months after the fit is cured. It will be best to take the elixir of vitriol in lukewarm spring water.