

[Advice to the Gouty]

Date: 1790/02/16

Publication Format

Print

Type

Medicine

Ingredients

Seville orange

orange peel

rhubarb

brandy

peppermint water

Places

Halifax

Nova Scotia

Source: Royal Gazette and the Nova Scotia Advertiser.

Institution: Nova Scotia Archives | **Source Origin:** Nova Scotia Newspapers on Microfilm | **Reference:**

Consult the Nova Scotia Archives' "Nova Scotia Newspapers on Microfilm" list (Royal Gazette) for a complete account of microfilm reels for this paper. EMMR includes recipes from Microfilm Reels 8162, 8163, 8165, and 8167.

Description

Detailed instructions to relieve gout through lifestyle change, including temperance and a healthy diet, followed by a recipe for a "stomachic" medicine to be taken daily. Original source unknown. Vol. 2, No. 47. Microfilm Reel 8163.

Transcription

ADVICE to the GOUTY:

THE *gout* acknowledges for its predisposing use, either *hereditary taint, luxury, or irregularity*. Of the first of those, I shall say nothing, as every one knows *palliation* to be the only relief hereditary diseases can admit of : But the two last are objects worthy the regard of invalids affected in this way.

Luxury, more immediately and more severely, *irregularity* (which always included *intemperance*, and is in fact, occasional luxury, as luxury is habitual intemperance,

and repeated irregularity) more gradually, and though less severely, yet not less certainly, produces gout ; and all, in a *modus operandi*, not much differing from each other. This, sufferers from [podagrical](#) paroxysms know too well, either to doubt or deny, however averse they may be from acknowledging it.

From this conviction, when severity of pain urges to a remedy affecting the general conduct, one is at hand, founded on very illogical data ; namely a *meagre diet*, grounded on the principles of this very fallacious syllogism.

If intemperance, luxury, or irregularity, be the cause of gout, their reverse must be the cure.

Irregularity, &c. is the cause--therefore, low living must be the cure.

But this is as wise reasoning as to say, that "I am full of blood--bleeding is my remedy--therefore I must ruin my constitution by an excess of phlebotomy !" But the sober truth is this -- *Intemperance, luxury and irregularity*, induce, what physicians call, *indirect debility*, or, in plainer words, produce *general weakness*, by means of *over-loading* nature, as in the case of luxury and intemperance : or *over-stretching* her, by violent and ill timed exertions, as in the case of irregularity. Now, in this case, what does a regular course of *low living* do for the patient ? Why, over and above the force put on the constitution by the sudden transition, it adds *direct* to *indirect debility* ; disables the body from throwing off its load, by depriving it of the strength sufficient to effect a salutary and critical paroxysm ; and so only disposes, by an inadequate effort, to cast it upon the vital parts ; and so destroy the patient!

But the *medium* lies here ; it consists in destroying the cause *indirect debility* ; without inducing a worse, that which is *direct*.

I. Let luxury, intemperance, and irregularity, be cut off-- by a *regular, moderate, nutritious, easily digested* diet ; with proper portions of exercise and rest ; equally avoiding fatigue and indolence : and by regulating the passions.

II. Let acquired constitutional injury, be repaired by the warm, bracing, stomachic medicines ; among which nothing exceeds the following: Steep two ounces of dried Seville orange-peel, and one ounce of best rhubarb, in a quart of brandy for four days, shaking the bottle every day. Let a large spoonful of the tincture be taken with three of pepper-mint water, two hours before and after dinner.

M.

Annotations

podagrical

Gouty in the hands or feet.

Advice to the Gouty recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/131>