

# [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 ad-

mit 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

**podagric**

Gouty in the hands or feet.

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