[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 -- Intemperence, luxury and irregularity, induce, what physicians call, indirect ability, or, in plainer words, produce general weakness, by means of overloading 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