

CHAPTER V

The cure of the disease, and its symptoms

IF proper precautions were taken for the prevention of this disease, and the rules which have been laid down for that purpose were complied with, we should seldom have occasion to meet with it in a high degree either at sea or land. It is indeed difficult to persuade some to practise, when in health, what is necessary to preserve so valuable a blessing. All mankind have not the benefit of a pure wholesome air, warm dry lodgings, with proper conveniencies to guard against the inclemency of different weather and seasons. Many are also of necessity obliged to live upon such gross food as is not properly adapted to their digestive powers, to their constitution, and the exercise they use, so that from thence they may be apt to contract this evil. It is proper therefore to prescribe the euro for it, as well as the prevention.

Indeed the general method of it, and the best remedies, have already been taken notice of in the former chapter. Experience shews, that the cure of the adventitious scurvy is very simple, *viz.* a pure dry air, with the use of green herbage or wholesome vegetables, almost of any sort ; which for the most part prove effectual.

Hence the first step to be taken towards its removal, when contracted either at sea or land, is change of air. We are upon this occasion informed by several authors,

A TREATISE OF THE SCURVY

IN THREE PARTS

*Containing an inquiry into the Nature, Causes,
and Cure, of that Disease
together with a Critical and Chronological View
of what has been published
on the subject*

BY

JAMES LIND, M.D.

Fellow of the Royal College of Physicians
in Edinburgh

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LIND'S TREATISE ON SCURVY

*A Bicentenary Volume
containing a reprint of the First Edition of
A TREATISE OF THE SCURVY
by James Lind, M.D.
with Additional Notes*

EDITED BY

C. P. STEWART, PH.D., D.SC.

AND

DOUGLAS GUTHRIE, M.D., F.R.C.S.E

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JAMES LIND, M.D.

Frontispiece

From an engraving by I. Wright from a painting by Sir George Chalmers, Bart. (1783). The engraving forms the Frontispiece to the copy of Lind's *Essay on Diseases incidental to Europeans in Hot Climates* in the library of Haslar Hospital. The signature is from Lind's letter to Sir Alexander Dick.

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LETTER FROM JAMES LIND TO SIR ALEXANDER DICK 391

In this letter, dated 18th May 1758, Lind resigns the Treasurership of the Royal College of Physicians of Edinburgh on his appointment as Physician to Haslar Hospital.

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