

body may be so overcome by it, that the digestive faculties (as in a person starving with cold) are chilled and enervated ; and the solids being overbraced by so high a degree of cold, may at last lose their tone or elasticity. In this case, the constitution becoming gradually habituated to an overcharge of what physicians call the *serosa colluvies*, by a long obstructed perspiration ; instead of coughs, stitches, pleurisies, and the like disorders of the inflammatory kind, usual in such seasons from too tense fibres, the scorbutic diathesis may more naturally be contracted, especially if such food only is used as must contribute to form the disease. But this, though probable, cannot be ascertained from fact; because, as I observed elsewhere,<sup>1</sup> these northern countries, above all others, are continually pestered with fogs, even during their severest frosts. And by all faithful and accurate observations made on this disease, moisture is experienced to be the principal and main predisposing cause to it. This indeed of itself is sufficient to dispose the constitution to the scurvy in any climate, even the warmest. It is observable, that, in warm climates, the crews of ships at sea are liable to this malady, when the hot weather, by which the fibres of the body are much relaxed, is succeeded by great and incessant rains usual in these latitudes, or when the season proves very unconstant. The disease is there likewise much owing to the great length of these southern voyages. But, otherwise, it is not near so frequent a calamity as in colder climates ; the bad effects of moisture being rendered much more pernicious when combined with cold. A cold and moist constitution of the atmosphere, together with wet lodgings, damp beds, cloaths, and other incon-

<sup>1</sup> P. 101.

# 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

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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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