

diet used there, nature points out the remedy. In such a situation, the ignorant sailor, and the learned physician, will equally long, with the most craving anxiety, for green vegetables, and the fresh fruits of the earth ; from whose healing, attenuating, and saponaceous virtues, relief only can be had. And such people, in the height of the malady, not only employ their thoughts all day long on satisfying this importunate demand of nature, but are apt to have their deluded fancies tantalised in sleep with the agreeable ideas of feasting upon them at land. What nature, from an inward feeling, makes them thus

in others. Kramer enumerates the different places where it raged most, *viz.* where-ever the soil was damp and marshy. This observation has been made not only in Hungary, but in every other part of the world ; and I will venture to affirm, that, without any one exception,

*Scorbutus locis aridis ignotus est* (Steggius).

Moisture was discovered to be one of the causes of this malady by Ronsseus, the very first author who ever wrote expressly upon it. The facts he produces, seem demonstratively to prove it; besides having the corroborating evidence of every accurate observation made since his time. All which, *viz.* the experience of two hundred years, we must contradict, by excluding this cause, and referring the scurvy to occult *miasmata*, or such latent causes in the air as produce fevers, and some other epidemical diseases. There are indeed perhaps but few diseases whose causes are more evident to the senses, and admit of more express proofs. Stugart, in Germany, was formerly noted for being a place where the scurvy raged much; but, upon drying up a large lake in the neighbourhood of the town, the disease has since quite disappeared. Along the banks of the Rhine, from Dourlach to Mentz, particularly at Philipsburg, it often succeeds large inundations of that river. Sinopræus observed at Cronstadt, that the appearance of the scurvy, and its malignity, always depended upon the wetness of the season ; a dry season instantly stopt it.

Where we have such undeniable proofs of the effects of moisture and driness, I cannot see any reason for having recourse to occult *miasmata* in the air, or the like imaginary and uncertain agents, for breeding a disease which a person contracts from moist air, by lying in a damp lodging, and using at this season too solid gross food. Such circumstances produce the distemper in every part of the world : and it may effectually be prevented at any time, by living in dry apartments, going well clothed, and having proper diet.

Though I have called the one the *predisposing*, the other the *occasional*

# 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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