

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

CAMBRIDGE LIBRARY COLLECTION

Books of enduring scholarly value

History of Medicine

It is sobering to realise that as recently as the year in which *On the Origin of Species* was published, learned opinion was that diseases such as typhus and cholera were spread by a 'miasma', and suggestions that doctors should wash their hands before examining patients were greeted with mockery by the profession. The Cambridge Library Collection reissues milestone publications in the history of Western medicine as well as studies of other medical traditions. Its coverage ranges from Galen on anatomical procedures to Florence Nightingale's common-sense advice to nurses, and includes early research into genetics and mental health, colonial reports on tropical diseases, documents on public health and military medicine, and publications on spa culture and medicinal plants.

A Treatise of the Scurvy, in Three Parts

Born in Edinburgh, with family connections to the local medical profession, James Lind (1716–94) went on to spend nine years at sea as a surgeon for the Royal Navy. His service made him familiar with one of the most common and debilitating ailments of the eighteenth century. Scurvy posed a particular problem for Britain, an island nation seeking to assert itself overseas through its navy. The symptoms of the disease had been recognised for centuries, but the causes remained elusive. First published in 1753, Lind's treatise explores the topic thoroughly, weighing the evidence and presenting a theory of the disease's aetiology, suggesting methods of prevention and treatment, and also discussing previous work on the subject, including ancient texts. Lind provided the groundwork for later investigations, his research lending support to the later practice of including the juice of citrus fruit in a sailor's diet, even though vitamin deficiency was not yet understood.

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

Cambridge University Press has long been a pioneer in the reissuing of out-of-print titles from its own backlist, producing digital reprints of books that are still sought after by scholars and students but could not be reprinted economically using traditional technology. The Cambridge Library Collection extends this activity to a wider range of books which are still of importance to researchers and professionals, either for the source material they contain, or as landmarks in the history of their academic discipline.

Drawing from the world-renowned collections in the Cambridge University Library and other partner libraries, and guided by the advice of experts in each subject area, Cambridge University Press is using state-of-the-art scanning machines in its own Printing House to capture the content of each book selected for inclusion. The files are processed to give a consistently clear, crisp image, and the books finished to the high quality standard for which the Press is recognised around the world. The latest print-on-demand technology ensures that the books will remain available indefinitely, and that orders for single or multiple copies can quickly be supplied.

The Cambridge Library Collection brings back to life books of enduring scholarly value (including out-of-copyright works originally issued by other publishers) across a wide range of disciplines in the humanities and social sciences and in science and technology.

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

A Treatise of the Scurvy, in Three Parts

*Containing an Inquiry into the Nature,
Causes, and Cure, of that Disease*

JAMES LIND



CAMBRIDGE
UNIVERSITY PRESS

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

CAMBRIDGE UNIVERSITY PRESS

University Printing House, Cambridge, CB2 8BS, United Kingdom

Cambridge University Press is part of the University of Cambridge.
It furthers the University's mission by disseminating knowledge in the pursuit of education, learning and research at the highest international levels of excellence.

www.cambridge.org

Information on this title: www.cambridge.org/9781108069984

© in this compilation Cambridge University Press 2014

This edition first published 1753

This digitally printed version 2014

ISBN 978-1-108-06998-4 Paperback

This book reproduces the text of the original edition. The content and language reflect the beliefs, practices and terminology of their time, and have not been updated.

Cambridge University Press wishes to make clear that the book, unless originally published by Cambridge, is not being republished by, in association or collaboration with, or with the endorsement or approval of, the original publisher or its successors in title.

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

A
T R E A T I S E
O F T H E
S C U R V Y.
I N T H R E E P A R T S.

C O N T A I N I N G

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*.

E D I N B U R G H:

Printed by *SANDS, MURRAY, and COCHRAN*

For *A. MILLAR*, in the Strand, *London*

MDCCLIII,

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry
into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

T O

The RIGHT HONOURABLE,
GEORGE Lord ANSON,

Esq. Esq. Esq.

Who, as a just reward for the great
and signal services done to the BRITISH
NATION, does now preside
over her NAVAL AFFAIRS,

The following TREATISE

IS INSCRIBED,

With the greatest respect,

By his LORDSHIP'S

Most devoted, and

Most obedient

humble servant,

JAMES LIND

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry
into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

P R E F A C E.

THE subject of the following sheets is of great importance to this nation; the most powerful in her fleets, and the most flourishing in her commerce, of any in the world. Armies have been supposed to lose more of their men by sickness, than by the sword. But this observation has been much more verified in our fleets and squadrons; where the scurvy alone, during the last war, proved a more destructive enemy, and cut off more valuable lives, than the united efforts of the French and Spanish arms. It has not only occasionally committed surprising ravages in ships and fleets, but almost always affects the constitution of sailors; and where it does not rise to any visible calamity, yet it often makes a powerful addition to the malignity of other diseases. It is now above 150 years since that great sea-officer, Sir Peter Hawkins, in his observations made in a voyage to the South sea, remarked it to be the pestilence of that element. He was able, in the course of twenty years, in which he had been employed at sea, to give an account of 10,000 mariners

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

vi P R E F A C E.

riners destroyed by it. But I flatter myself, that it will appear from the following treatise, that the calamity may be prevented, and the danger of this destructive evil obviated: nor is there any question, but every attempt to put a stop to so consuming a plague, will meet with a favourable reception from the public.

It is a subject in which all practitioners of physic are highly interested. For it will be found, that the mischief is not confined to the sea, but is extended particularly to armies at land; and is an endemic evil in many parts of the world. This disease, for above a century, has been the supposed scourge of Europe. But how much even the learned world stands in need of farther light in so dark a region of physic, may appear from the late mournful story of the German troops in Hungary, the disaster in Thorn, and from many other relations in this treatise.

What gave occasion to my attempting this work, is briefly as follows.

After the publication of the Right Honourable Lord Anson's voyage, by the Reverend Mr Walter, the lively and elegant picture there exhibited
of

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

P R E F A C E. vii

of the distress occasioned by this disease, which afflicted the crews of that noble, brave, and experienced Commander, in his passage round the world, excited the curiosity of many to inquire into the nature of a malady accompanied with such extraordinary appearances. It was acknowledged, that the best descriptions of it are met with in the accounts of voyages: but it was regretted, that those were the productions only of seamen; and that no physician conversant with this disease at sea, had undertaken to throw light upon the subject, and clear it from the obscurity under which it has lain in the works of physicians who practised only at land. Some time afterwards, the society of surgeons of the Royal navy published their laudable plan for improving medical knowledge, by the labours of its several members; who have opportunities of inspecting Nature, and examining diseases, under the varied influence of different climates, seasons, and soils. I then wrote a paper on the scurvy, with a design of having it published by them. It appeared to me a subject worthy of the strictest inquiry: and I was led upon this occasion to consult several authors who had treated of the disease; where I perceived mistakes which have been attended, in practice, with dangerous and fatal consequences. There appeared to me an evident

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

viii P R E F A C E.

evident necessity of rectifying those errors, on account of the pernicious effects they have already visibly produced. But as it is no easy matter to root out old prejudices, or to overturn opinions which have acquired an establishment by time, custom, and great authorities; it became therefore requisite for this purpose, to exhibit a full and impartial view of what has hitherto been published on the scurvy; and that in a chronological order, by which the sources of those mistakes may be detected. Indeed, before this subject could be set in a clear and proper light, it was necessary to remove a great deal of rubbish. Thus, what was first intended as a short paper to be published in the memoirs of our medical navy-society, has now swelled to a volume, not altogether suitable to the plan and institution of that laudable and learned body.

*I cannot, however, upon this occasion, omit acknowledging with gratitude the many excellent practical observations I have been favoured with by some of its most worthy members; especially by the ingenious Mr Ives of Gosport; and Mr John Murray, an eminent surgeon at Wells, in Norfolk. Notwithstanding which advantages, I am sensible of many inaccuracies and imperfections in
this*

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

P R E F A C E. ix

this performance. They are perhaps the more numerous, as it has been sent to the press sooner than was at first intended. There are, however, two things that may appear exceptionable, which I ought here particularly to mention.

The first is the plan of the work.

I am sorry to find myself under a necessity of offering what some of my readers may think very indifferent entertainment, and that at their setting out, in the critical chapters of the first part. But it was not easy to fall upon a method equally adapted to all readers: nor indeed is the arrangement of the several chapters a matter of any great importance. The order here followed, is that in which it ought to be perused by physicians and men of learning, who have made this disease their study, and are previously acquainted with former writings upon it. It was necessary, in order to prevail with some of these gentlemen to peruse the second part with less prejudice against me, to endeavour first to remove such objections as might arise from doctrines imbibed in younger years, in schools and universities. Others, who are not so well acquainted with the subject, I would advise to begin with the second part; which

b

will

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

x P R E F A C E.

will enable them to form a better judgment of the first. The Bibliotheca scorbutica, or the collection of authors on the scurvy, is placed at the latter end of the book, as proper to be consulted in the dictionary-way. And it is to be remarked, that when, to avoid repetitions in the first and second parts, an author's name is barely mentioned, recourse must be had to the Alphabetical Index; which points out the page where the title of the book referred to, or its abridgment in part 3. is to be found.

In the order of the chapters, the prevention of the disease precedes its cure: and the first being the most material, I have thrown great part of the latter into it; this method of treating the scurvy suiting it better than perhaps any other. It will appear, that in the plan I have pursued, I had in view an author whose book has met with a general good reception, Astruc de morbis venereis; and were other diseases treated in like manner, it would greatly abridge the enormous, and still increasing number of books in our science.

What may be deemed by critics equally exceptionable with the order of the chapters, are some few repetitions. But in certain cases they were necessary,

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

P R E F A C E. xi

necessary, in order to obviate prejudices at the time they might naturally arise, and to enforce the argument.

As to the contents of the book in general :

In the first part, I have endeavoured, by a connected course of reasoning in the several chapters, to establish what is there advanced, upon the clearest evidence, confirmed by some of the best authorities ; and have laid aside all systems and theories of this malady which were found to be disavowed by nature and facts. Where I have been necessarily led, in this disagreeable part of the work, to criticise the sentiments of eminent and learned authors, I have not done it with a malignant view of depreciating their labours, or their names ; but from a regard to truth, and to the good of mankind. I hope such motives will, to the candid, and to the most judicious, be a sufficient apology for the liberties I have assumed.

Dies diem docet.

The principal chapters of the second part, containing a description of this disease, its causes, the means of preventing and curing it, are also
b 2
founded

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

xii P R E F A C E.

founded upon attested facts and observations, without suffering the illusions of theory to influence and pervert the judgment. For, that things certain may precede what is uncertain, the theory, and the inferences from it, are placed at the latter end.

In the third part, where I have given an abridgment of what has been written upon the subject by the most celebrated medical authors, and others, I have always endeavoured to express their sentiments with as much clearness and conciseness as I could. I have indeed through the whole aimed at perspicuity rather than elegance of diction, as most proper in a book of science. To know a disease, and to cure it, being the two things most essential to be learned; I have therefore transcribed the symptoms and cure of the scurvy from those authors, where they do not entirely copy from each other.

C O N-

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

C O N T E N T S.

P A R T I.

C H A P. I.

	Page.
<i>A Critical history of the different accounts of this disease</i>	1

C H A P. II.

<i>Of its several divisions, viz. into scurvies cold and hot, acid and alcaline, &c.</i>	41
--	----

C H A P. III.

<i>Of the distinction commonly made into a land and sea scurvy</i>	61
--	----

C H A P. IV.

<i>Of the scurvy being connate, hereditary, and infectious</i>	78
--	----

P A R T

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

xiv C O N T E N T S.

P A R T II.

C H A P. I.

	Page.
<i>THE true causes of the disease, from observations made upon it, both at sea and land</i>	83

C H A P. II.

<i>The diagnostics, or signs</i>	147
----------------------------------	-----

C H A P. III.

<i>The prognostics</i>	175
------------------------	-----

C H A P. IV.

<i>The prophylaxis, or means of preventing this disease, especially at sea</i>	180
--	-----

C H A P. V.

<i>The cure of the disease, and its symptoms</i>	240
--	-----

C H A P. VI.

<i>The theory</i>	272
-------------------	-----

C H A P.

Cambridge University Press

978-1-108-06998-4 - A Treatise of the Scurvy, in Three Parts: Containing an Inquiry into the Nature, Causes, and Cure, of that Disease

James Lind

Frontmatter

[More information](#)

C O N T E N T S. xv

C H A P. VII. Page.

Dissertions 310

C H A P. VIII.

The nature of the symptoms, explained and deduced from the foregoing theory and dissections 317

P A R T III.

C H A P. I.

Passages in ancient authors, supposed to refer to this disease; together with the first accounts of it 341

C H A P. II.

Bibliotheca scorbutica: or, A chronological view of what has hitherto been published on the scurvy 355

A P P E N D I X 445

E R-