

suspicion of occasioning so general a sickness, being the same in quality as in former cruises. And though the scorbutic people were, by the generous liberality of that great and humane commander, the Hon. Captain George Edgcumbe, daily supplied with fresh provisions, such as mutton-broth and fowls, and even meat from his own table ; yet, at the expiration of ten weeks, we brought into Plymouth 80 men, out of a complement of 350, more or less afflicted with this disease. Now, it was observable, that both these cruises were in the months of April, May, and June ; when we had, especially in the beginning of them, a continuance of cold, rainy and thick Channel weather, as it is called : whereas in our other cruises, we had generally very fine weather ; except in winter, when, during the time I was surgeon, the cruises were but short. Nor could I assign any other reason for the frequency of this disease in these two cruises, and our exemption from it at other times, but the influence of the weather ; the circumstances of the men, ship, and provisions, being in all other respects alike. I have more than once remarked, that after great rains, or a continuance of close foggy weather, especially after storms with rain, the scorbutic people generally grew worse ; but found a mitigation of their symptoms and complaints, upon the weather becoming drier and warmer for a few days. And I am certain it will be allowed, by all who have had an opportunity of making observations on this disease at sea,<sup>1</sup> or will attentively consider the situation of seamen there, that the *prin-*

<sup>1</sup> Extract of a letter from Mr Murray :—

Of the several antecedent or efficient causes of this disease, it is not to be doubted, but a moist air, or hazy, cloudy weather, is among the principal. A particular instance of which happened in a cruise we went upon in the *Canterbury*, along with another ship ; after having laid six months in

*cial and main predisposing cause* to it, is a manifest and obvious quality of the air, *viz.* its *moisture*. The effects of this are perceived to be more immediately hurtful and pernicious in certain constitutions; in those who are much weakened by preceeding sickness ; in those, who, from a lazy inactive disposition, neglect to use proper exercise ; and in those who indulge a discontented melancholy humour : all which may be reckoned the *secondary disposing causes* to this foul and fatal mischief.

Louisburg harbour, where the seamen had great plenty and variety of fish, and where we were properly victualled with sound provisions, and very good bread and water. We cruised not far from the Bahama Islands; the weather for most part was stormy, foggy, and very wet. Before we had been at sea a month, the scurvy was very epidemical on board both ships, and in six weeks we had 50, the other (the *Norwich*) 70 patients in this disease : whereas at another time, in different weather, we were at sea nigh as many months, before the like symptoms and diseases appeared ; and even then were nothing near so epidemical. The particulars of that cruise were as follow.

We sailed 29th November from Cape Breton, and in two days were in lat. 43° 18'; and by the 11th December were in 29° 56', near which latitude we kept cruising to the 7th of January. During which time the winds were so variable, that it was hard to tell which point of the compass they inclined most to, or continued longest in. The weather was extremely cold, foggy, and moist, the beginning of the month, but gradually grew warmer as we sunk our latitude. But that its moisture continued, will appear from the following account of rainy days, which you have here, with the other state of the weather. December. Rain from the 1st to the 5th; 7th, nth, i6th, i8th, 21st to 23d; 27th, 29th. Fresh gales 1st, 2d, 3d, 4th, 6th, 7th, loth, nth, 14th to 25th; 27th to 31st. Thunder and lightning 3d and 29th. A fog the 1st. Most part of the month cloudy and hazy. I74f, January. The weather this month was in general more moderate ; but, considering our latitude, not very warm. Rain the 2d, 6th, loth, 13th, 15th, 16th, 18th, 19th, 24th, 25th, 26th, 31st. Weather cloudy for seven days, but no fogs. Calm the 2d. Fresh breezes 6th, 7th, 9th, 10th, 12th, 16th to 20th ; 24th, 25th, 26th, 31st.

The diseases depending upon this weather, were at first, plethoræ, from the sudden change from cold to warmth ; some acute fevers; and particularly two ardent ones, which carried off the patients. About the end of December, people began to complain of the scurvy ; and before the middle of January we had 16 patients in that disease ; and by the 25th, when we arrived at St Thomas, we had no less than 50 patients in it; and our consort the *Norwich* 70.

# 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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MDCCLIII

# 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.

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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.

GENEALOGY OF JAMES LIND

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