

fruits ¹ or upon bread made of peas, or a composition of these with oats ; and, during the winter, eat what is called *broose*, which is oat-meal mixed with the fat of salt beef; and, for want of fresh and wholesome water, use what is either hard and brackish, or putrid and stagnating.

Different ways of life have likewise a different influence on this disease. The lazy and indolent, and those of a sedentary life, as shoemakers, tailors, especially weavers, by reason of their working in damp places, are most subject to it; while hard labourers, and those who use much exercise, though living on the same, or even grosser food, keep entirely free. Fishermen, from their way of life, gross food, and habitual use of spirituous liquors, are often scorbutic.

The passions of the mind are experienced here to have a great effect. Those that are of a chearful and contented disposition, are less liable to it, than others of a discontented and melancholy mind.

Lastly, It has always been remarked, that, in such circumstances as have been described, the present state of the body has a powerful influence in disposing to this affliction. They who are much exhausted and weakened by preceeding fevers, and other tedious fits of sickness, or they who have unsound and obstructed viscera (as after agues of the autumnal kind), are apt, by the use of improper diet, to become scorbutic. Others that labour under a suppression of any natural and necessary evacuation, as women who have their menses suppressed, especially if the obstruction is occasioned by fear or grief, are more subject than others in similar circumstances to this disease ; as they are likewise at the time that these naturally leave them.

¹ *Vid.* two cases in Fife, chap. II & V.

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.

GENEALOGY OF JAMES LIND

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