

**THE TENDER TOE, ESSAYS
ON GOUT AND ITS
AFFINITIES; AND THE
TREATMENT OF THE GOUTY**

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The Tender Toe, Essays on Gout and Its Affinities; And the Treatment of the Gouty by William Lomas

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WILLIAM LOMAS

**THE TENDER TOE, ESSAYS
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AFFINITIES; AND THE
TREATMENT OF THE GOUTY**

THE TENDER TOE:

ESSAYS ON GOUT

And Its Affinities;

AND

THE TREATMENT OF THE GOUTY.

BY

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TO THE SEASIDE CONValesCENT HOSPITAL AND TO THE
ROYAL GENERAL DISPENSARY.

"Various accidents and habits of living more frequently determine the number of a man's years than the strength of the stamina with which he was born."—SIR H. HOLLAND.



LONDON:

EFFINGHAM WILSON, ROYAL EXCHANGE.

1876.

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PREFACE.

THE emphatic words of Lawrence, that "our most grievous ills are our own work," apply with full force to the disease which forms the subject of these Essays. Gout is one of the most preventable of diseases; and there are few maladies which medical science can so successfully combat. Although it is certain that this malady is less prevalent in our country now than it was fifty years ago, yet it still afflicts a considerable number of our affluent countrymen; and since it springs from neglect of laws of health which are within our control, its presence—like the presence of some other prevalent diseases—is an unmistakable reproach to us.

99, GOWER STREET,
1876.

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THE TENDER TOE.

CHAPTER I.

THE GOUTY CONSTITUTION: GOUTY TENDENCIES.

—The Characteristics of Gout—Process of repair in healthy bodies—Natural excretion by the Kidneys of products of worn-out tissues — Urea and Uric Acid—Formation of Stone in early life—The relations between Stone, Gravel, and Gout—Gout and Indigestion, and Digestion as influenced by some modern habits.

It is not unusual to meet with instances of Gout occurring in persons who are able to trace back the disease to several generations