

**THE REGIMEN TO BE  
ADOPTED IN  
CASES OF GOUT**

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The Regimen to be Adopted in Cases of Gout by Wilhelm Ebstein & John Scott

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**WILHELM EBSTEIN & JOHN SCOTT**

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# THE REGIMEN

TO BE ADOPTED

## IN CASES OF GOUT

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BY

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## PREFACE.

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THE object of this treatise is almost entirely practical. It gives a description of the mode of living which I consider necessary not only for the actual victims of gout, but for those who have inherited a disposition towards the disease. Scientific questions are only entered on to the extent that is necessary to secure a foundation for my propositions. In the additions and explanations which are appended to the text, I have expanded and completed, in the light of further investigations, some questions which have been already discussed in my monograph on "The Nature and Treatment of Gout."

WILHELM EBSTEIN.

GÖTTINGEN, *December 20th, 1884.*





## TRANSLATOR'S PREFACE.

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I HAVE translated this little work at the request of Professor Ebstein, and while abridging it slightly in some places, have striven to omit nothing that might interest English readers. The decimal system, in which the weights and measures of the original are given, has been retained in the translation as being more suitable for comparisons of figures, but I trust the day is not far distant when we shall see this system universally adopted.

JOHN SCOTT.

MANCHESTER, *April 9th*, 1885.



## THE REGIMEN TO BE ADOPTED IN CASES OF GOUT.

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WHILE the question whether, and to what extent, the use of pharmaceutical remedies and the application of other methods of cure are of service in gout,<sup>(1)\*</sup> has been a subject of the liveliest controversy for ages, and we are not yet in a position to say the final word on the subject, there has been for an equal period not the least doubt that a judicious method of living has a very powerful influence both in preventing the disease and in modifying its course. Knowledge of this fact was based, in the first instance, neither on purely theoretical hypotheses as to the causes and nature of gout, nor on the analysis of detailed clinical observations, but on the universal perception of the fact that gout, *cæteris paribus* (in the same country and amongst the same race), has a greater number of victims in proportion as strictness and simplicity of life have been abandoned in favour of luxury and effeminacy. As early as the first century after Christ, Seneca pointed out that the surprising increase of gout in Rome was a consequence of increased luxury in living, and adduced as sufficient proof the frequent occurrence of gout in the female sex. Women, in fact, who in his time were not behind men in licentiousness of life, were attacked by gout themselves; whereas in the time of Hippocrates, when they lived a simple and modest life, they were spared its onsets. Aretæus of Cappadocia (60 or 90 A.D.), the greatest physician since the

\* These figures relate to the additions and illustrations at the end of the work.