Thesis by
Alexander Mackenzie

Subject
The Geology, Meteorology and Astrology of the Western Isles

1856
The subject which I have chosen as the basis of the observations that follow is, I need hardly say, a very extensive one, and therefore it will be impossible for me to enter as fully into the various parts of it as it might be desirable. I do not mean indeed to go much into detail with reference to the first two branches of the subject. In fact I notice them at all, only because in my opinion a few remarks upon them may serve to throw some light on the nature of the diseases that are prevalent among the natives of the Hebrides. But it is not its extensive ness alone that will necessarily affect the full and thorough treatment of the subject. The field of enquiry is new — the path before us has never yet been trodden. It none of its three branches save Geology, has any one so far as we are aware, devoted much either of his time or attention. Sir MacCulloch indeed has written and written well on the Geology of these Islands; but that is one of the
the least important parts of the subject, in as much as my main object in introducing it at all, as I have already mentioned, is, to account for some of the habits of the people and by consequence for the prevalence amongst them of some diseases and for their almost total exemption from some other of the many ailments "that flesh is heir to."

In my remarks on Meteorology, observation has been my only guide and authority, if I except a meteorological table with which I have lately been favoured—but which extending as it does only from the year 1855 fails in some cases to confirm what I know from experience and careful observation to be true. The comparatively limited period over which the table extends, would of itself insufficiently account for this discrepancy; but in addition to this, there is another reason which materially affects the correctness of the table, if it be regarded as giving the average temperature of the
Long Island. We refer of course to the intensity of the cold during the first three months of last year. Keeping these two circumstances in remembrance, the difference, which on the whole is only partial, between the account I have given and the results obtained from the table, is at once explained.

With reference to the Nosology of the district—to the consideration of which the greater part of my Thesis is devoted, it is scarcely necessary to mention that my account of it is not exhaustive. To give such an account would, I think, be in a great measure superfluous, as much as many of the diseases that occur there differ in no respect from the same diseases as they are met with in other parts of the County. I have confined myself exclusively to those that exhibit some marked peculiarity in this quarter—those namely which, while they are characterized in other parts of the country as almost—
invariably fatal, appear among the Hebrides, population divested of all their violence and malignity, and those others that assume a peculiarly character as they appear here, while they exercise a comparatively mild sway over all other portions of the land.

I deem it unnecessary to say anything more by way of preface and I proceed at once to the consideration of the first branch of my subject—viz. The Physical Geography—

The Western or Outer Hebrides consist of that chain of islands of which the Butt of Lewis forms the Northern and Barra Head the Southern extremity.

The extreme length from the Butt of Lewis to Barra Head is 125 miles. The entire extent of this group collectively is somewhere about 2,000 square miles.
The population within the last few years has been subject to much variation, from emigration and other causes, but 35,938 souls may be taken as a fair estimate.

Generally speaking it is this coast only of these Islands that is inhabited and subjected to cultivation. This arises partly from the depth of morf which covers the hard substratum of the interior and partly from want of means on their own part or the want of due encouragement on the part of their Proprietors, to overcome the difficulties which is great a depth of morf present to the Agriculturist.

The coast is everywhere indicated with beautiful bays, forming safe places of refuge to weather bound ships. The Bay of Loch Roag on the west coast of Lewis is sufficiently large to contain the whole British Navy and the Harbour of Stonoray.
though not so large, as a natural harbour is second to none in Scot-
land.

The Long Island also possesses some caves superior to that of
Staffa in interest. There is one very
remarkable one in the Parish of
Storomay called the “Seal Cave”
It is about a furlong in length
of irregular breadth and height.
The roof and sides are lined with
columns of Stalactite, which produce
a fine effect when viewed by
Torches. Light (by which means the
cave is generally inspected). The
mouth of the cave faces exactly
another of the same description
in the Isle of Skye.

Taken as a whole the Long Island
is comparatively flat, although
there and here some hills of con-
siderable elevation rise from the
Tableland to relieve, as it were, the
monotony of the scene. They present
(nothing
nothing of the grandeur of some of the
mountainous districts of the mainland,
and indeed with the exception of very
limited spots and the existence of some
ruined remains and castellated ruins
of bygone ages, they offer but little
inducement to the admirer of scenery, the
traveller or the lover of nature. They are
uninteresting alike to the Antiquary and to
the lover of natural beauties—offering
little or nothing for the gratification of
either—that which is rude is not grand
and that which is intricate is but rare-
ly picturesque.

Having spoken thus shortly of the Physic-
al Geography, we propose in the second
place to treat of the Geological structure
of the chain of Islands.

The Geologist will here find no great
variety to interest him. There is so much
sameness and similarity of formation in
the Geological field that the eminent
Author above mentioned has dignified
them with the name of the Greek Islands.
A very cursory examination will fully justify the appropriateness of this appellation. The whole extent of the Long Island is composed almost entirely of Gneif, but still there is sufficient variation to stimulate the ardor of the Geologist who would otherwise flag in his search for something new. In order to give some appearance of system and regularity to the following remarks, it will be necessary to take up each of the principal islands seriatim, commencing with the most Northernviz. the Surifs. In common with the rest of the Islands Gneif forms the predominant and fundamental rock of the Lewis. The laminae of this stratified layer present in many places remarkable and sudden changes in their direction— one abutting against the other, here, at oblique, there, at right-angles, without any apparent intermedium. Regarding the reason of these contortions and dislocations, we do not pretend to offer any conjecture.
jecture. The Greif in many places is blended with other rocks, as at Loch Carron on the West coast of the Island, where it is intermixed with blue Quartz interlaminated with black Mica. In other parts, as at Ailesh towards the Northern extremity, it consists of an Orange Red Schist with an intermixture of Grains which again contains scales of Argillaceous Schist. From Stornorway stretching to the West coast, Argillaceous Schist takes the place of the Greif, forming a rock composed of Selspar, Grains and common clay Schist. In other parts, this argillaceous Schist unites with the Greif and is traversed by veins of Granite. A vein of Limestone runs across the country from East to West, separating the Greif from the Conglomerate which appears in the Peninsula and other parts on the East coast. This Conglomerate is first observed.
to commence at Stornoway and run-
ning in a Northerly direction, includes
a considerable portion of the coast.
It also occurs at Loch Carlow, above
mentioned. It consists of pebbles of vari-
bous sizes imbedded in a coarse gravel
comprised of broken down Quartz, Feldspar
and Gneiss and it fills up the inegul-
/arities consequent on the disturbance
of the Gneiss. At Chicken-Head in
the Peninsula Sulphate of Barite is
found in small quantity in this con-
glomerate. Sandstone in small quantity
occurs at a projecting point called
Cabbac Head, in the Parish of Loch,
but is of so soft a nature as not to
be capable of being converted to any
architectural purposes. This soft species
of sandstone occurs in large quantity
in the neighbourhood of Portree, Isle
of Skye.
With regard to the Geology, not much
need be said - as Gneiss is the prevailing
rock. Slate veins, though not numerous.
occur. The most remarkable is on the top of General, being twenty feet wide, vertical and lying in a North Western direction. At the foot of the same hill a ridge of limestone is found, extending to the length of a mile or two. It is imbedded in the Greif. It contains Hornblende, Sableite and Alcina. Beautiful specimens of Feldspar are also to be found. Veins of Quartz of a rare variety are found in some districts. The Geology of North West would afford a very interesting field for enquiry, but the unprecedented length to which we have already extended our remarks under this head, obliges us to be brief.

The Western side of the Island is composed exclusively of Greif, there being nothing need be said of it, but this formation is much interrupted or indeed almost entirely excluded on the Eastern coast. We allude to the chain of hills, usually denomi-
nated the ridge of Leral which occupies a considerable portion of the coast line and extends a long way into the interior. This ridge is composed of several species of rock - Argillaceous Schist forms the lowest range with exceptions scarcely worth alluding to. Gneiss interrupts this structure in some places in a very irregular manner. So much so is this the case that it is impossible to determine the relations they bear to one another. Here they occur in horizontal than in vertical beds. Another formation occurs in this range which it is difficult to classify under any of the ordinary forms. At one part it appears to be a dusky blue compact felspar, having a variegated appearance. It somewhat resembles Siliceous Schist. It contains grains of Brastz and portions of common pale felspar. The entrance to the harbour of Loch Maddy is marked by two very remarkable rocks, rising like out of the sea - totto attaining...
the height of 100 feet. They are composed of a dark bluish grey compact Basalt and are remarkable in that they are the only specimen of this Structure occurring in the whole Long Island.

South Wet present nothing new unless it be that the Neif approaches the aspect of Granite while Benbecula partakes of the character of both North and South Wet, separating as it does these two Islands. The greater portion of it is composed of the granite like Neif of South Wet while tract of it may be seen to be formed of the structures already described as forming the ridge of Staval in North Wet.

Off Barra the only remaining Island of any consequence nothing need be said as Neif is the predominant structure. It may be proper however to mention that the hill which now forms part of the Island is connected with the main division merely by a land-bank. This bank has probably been
thrown up by the action of the waters.
At high tide the sea on the East and West-
neady meet. A similar sandbank unites the
Peninsula called the Point, with the
Island of Lewis, and like the former, the
appearance of the rocks at either extremity of the Bank which is nearly a mile long, would lead to the opinion that it has been formed by the action of the water.
Soil - As might be presumed from the
hard nature of the Gneiss constituting the
substratum of these Islands, the Alluvium
is neither abundant nor fertile. Clay is
not common and black earth is a thing of rare occurrence except where the skill
and perseverance has been exerted.
Generally speaking, Black heath cloth
in the interior and sand on sea coast
for the only covering for the naked rock.
Wherever the Gneiss is softest or most
intermixed with other formations left
able to resist the influence of the de-
grading causes, there of course the
Soil is most plentiful. In many places a fertile and productive mould has been obtained by mixing up the moss with the clay, subsoil. mould is naturally formed in other parts as for instance the West coasts of Lewis and North West by the sands being drifted into the interior, thus sharing the labour of the agriculturist. This scarcity of alluvium may be accounted for not only by the hard and durable nature of the rock itself, but by the fact of their being few or no fissures in that rock to admit or retain the water, which is well known to affect a most powerful influence in the decomposition and disintegration. Thus although some parts of the Long Island, especially Harris, are proverbially wet and rainy still extensive tracts of heathery are not to be seen. As exceptions to the above rule, two districts of country may be mentioned: one on the West coast of North West, the other to the Northern
extremity of the Lewis, in both which the Alluvium is much more abundant. The matter composing this soil consists of Clay and Clay Shale, Brants, Selenar and the several varieties of Freif. It is difficult to account for, and useless to offer any conjectures on, the manner in which these alluvia have been formed. The changes to which they owe their origin must have been very distant. That they owe their origin to the waste of mountains of Freif, seems likely from their component parts — but no such mountains now exist in the neighbourhood of either of the above mentioned localities.

We shall now proceed to treat of the second division of the subject viz. the Meteorology of the Long Island.
Meteorology.

Previously to the year 1855 no meteorological tables of sufficient value were kept, so far as I am aware, to furnish disquisition into the temperature of the air and its hygrometric pressure. But since January 1855 such tables have been regularly kept at the Lighthouse of Stornaway, to which through the kindness of one of the Officers there I had access. They are insufficient in so far as they do not extend over a series of years, so that the mean annual temperatures of a series of years might be ascertained. Unfortunately, also, the result of the returns for 1855, particularly the early months, does not fully bear out the suggestions we have been making regarding the equitable temperature of the climate, but this is readily accounted for by the fact that the weather in the early months of 1855 was unprecedentedly severe in all parts of the kingdom, accordingly the returns for
This year must not be considered a fair average. The months already gone of 57 are more favourable in their result. We regret we have not been able to fall in with the returns for the other places compared below for 1855-56.

The following are the results of the table, mean temp. for the year at London St. piece, Bute Stomony.

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<th>50.39</th>
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<td>July</td>
<td>63.43</td>
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<td>61.80</td>
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<td>August</td>
<td>63.52</td>
<td>54.94</td>
<td>59.78</td>
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<td>September</td>
<td>58.80</td>
<td>53.61</td>
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<td>October</td>
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Continued

London  Edinburgh  Bute

Month of October  57.58  48.37  49.18
November  43.44  39.60  43.09
December  29.58  38.50  40.85

1856 January
February
March

We alone, we repeat, is scarcely a fair comparison in as much as the returns in London, Edinburgh and Bute are the average of a series of years while that for Stornoway is merely the return for 1856. It will be seen however that the heat during the summer months is not so great here as at Edinburgh and London and the great disparity cannot evidently be accounted for by the difference of latitude. Our space does not permit us to enquire into the mean daily range of temperature. It may be mentioned however, in order to show the powerful effect of the contiguity of a large body of water, especially when combined with other causes, in equalising temperature, that the closest
The lowest point to which the thermometer fell during the winter of 56 was 24°.
and the highest point in summer - 48°.

The following are the Barometric Returns.

<table>
<thead>
<tr>
<th>Mean Annual Height of Barometer at London Edita Stone</th>
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<tbody>
<tr>
<td>29.89 29.88 29.79</td>
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</tbody>
</table>

In each season:

- Spring: 29.84 29.89 29.40
- Summer: 29.99 29.92 29.82
- Autumn: 29.82 29.89 29.69
- Winter: 29.82 29.85 29.44

For each month:

- January: 29.92 29.85 30.33
- February: 30.06 29.91 29.46
- March: 29.84 29.98 29.44
- April: 29.88 29.83 29.90
- May: 29.89 29.87 29.84
- June: 30.02 29.95 29.84
- July: 29.84 29.91 29.48
- August: 29.89 29.92 29.43
- September: 29.93 29.84 29.96
- October: 29.94 29.94 29.40
- November: 29.47 29.86 29.93
- December: 29.69 29.79 29.61
Mean Quantities of rain for year at London, Bombay, and St. John.

<table>
<thead>
<tr>
<th>Season</th>
<th>London (Inches)</th>
<th>Bombay (Inches)</th>
<th>St. John (Inches)</th>
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<tr>
<td>Spring</td>
<td>4.80</td>
<td>3.81</td>
<td>4.39</td>
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<tr>
<td>Summer</td>
<td>6.67</td>
<td>4.58</td>
<td>4.81</td>
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<tr>
<td>Autumn</td>
<td>9.43</td>
<td>9.83</td>
<td>8.03</td>
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<tr>
<td>Winter</td>
<td>5.86</td>
<td>5.28</td>
<td>7.03</td>
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...do do for each month...

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<thead>
<tr>
<th>Month</th>
<th>London (Inches)</th>
<th>Bombay (Inches)</th>
<th>St. John (Inches)</th>
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<td>January</td>
<td>1.95</td>
<td>1.09</td>
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<td>February</td>
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Such are the results of the meteorological returns. Were we to prepare of more satisfactory tables, it might be interesting to enquire into the bearing of atmospheric...
and climatological visibilities on the pre-
prevailing character of diseases, at more length
than we mean to do in this paper.
It may suffice to remark that those Is.
lands in common with places similarly
situated in relation to vast oceans, are
not characterized by any great-range of
temperature or rapid change of season.
While subject to great variability and
uncertainty of weather, temperature is
equal and the transitions from warm to
cold and from winter to summer are
not-marked rapid or striking contrasts.
The air in consequence of the constant
exposure to the prevailing winds (West &
South-West) is humid. Another cause
of this humidity is the vast extent of
uncultivated moorlands which we
have already shown to exist. This
moorlands being literally studded
in many places with fresh water
lakes, constantly saturates the at-
mosphere by the means of evapora-
tion. We have seen that there is a
death of lofty mountains: the land in general lies low, so much so, that it is the case that when snow falls, it disappears from hill and dale alike, instantaneously seldom remaining for more than two days on either. All these circumstances tend to equalize to temperature, but the chief agent in effecting this is the ocean surrounding these islands, rendering their summer less hot and their winter less cold than continent under the same parallels. So that salubrious medium of temperature is it owing, as we shall find, that few the marshes breed no pestilence, that no miasmatic ethations exist harmful enough to generate Ague or Fever Intermittent or Remittent that no malaria are ever suspected to spring from the earth to unfit it for human residence. Having made these remarks on the climate we will now go on to speak of the...
Nosology of the Hebrides.
As might be imagined from the humidity and dampness of the climate, Inflammation, complaints are common. Every form of catarrhal affection - Bronchitis acute and chronic - Asthma Astyphg. Cough - Cynanche Laryngites and Phrenitis, may be frequently met with here. Of the acute inflammations - Pleuritis is the most common in adults - Gout in children.

Common Catarrh, partly from the dampness of the climate and partly from a monodiscipline of the usual occupation (that of fishing) thus aggravating the disorder, not infrequently merged into chronic Bronchitis, sometimes into Pneumonia - and in a few rare instances into lung abscesses, liable to be confused with the Comice of Phthisis. Idiopathic Fever also, not unfrequently springs out of severe catarrhal affection and often cannot be dis-
agreed from the chest affection, until it seems by infection on other members of a family. South such cases are common in the South where the true type of disease is obscure, and it is doubtful whether it should be treated as inflammation of the lung or as fever. Here, operation is found to be the safest treatment in all such cases. Indeed it is found by the medical men in this quarter that the conditions of system requiring large bleedings, which Alison describes as common in the days of Cullen, Gregory and his own youth, are becoming far more frequent of late years. By far the greater number of such cases in the locality occur among the fishermen and seem to arise from occasional bouts of drinking. In many parts of the Long Island, especially in the Sound, the indulgence in alcoholic liquors is confined almost exclusively...
ly to the principal seat port of the island, in the case of Lewis that being Stornoway. So that when the fishermen visit this place after two or three months spent in procuring the fishing in other parts of the island, they decline to make up for their period of abstinence by taking the intoxicating beverages to sleep they become heated and in that state sleep in their open boats without blankets or tarpaulin.

Rheumatic affections are common chiefly of the chronic form but sometimes acutely asthmatic. It is sometimes combined with Scrofula when the free use of Cod liver oil becomes of service, by fattening the system and fortifying it against the external influences which tend to induce or aggravate the Rheumatic affection. I have known a patient who was confined to bed for a series of years with distorted joints, who
had tried all the usual remedies re-
commended for Rheumatism without
any benefit, but who under a pro-
longed use of Cod liver oil, eventu-
ally recovered so far as not only to be
able to walk about with compara-
tive ease and comfort but to be
able to carry a considerable weight
upon her back. In another case
somewhat similar, the same treat-
ment was persevered with for some
time but without producing the
good effect arrived at in the form-
er case. In this latter case bowle-
sed solution of Arsenic was the
only remedy which seemed to allevi-
ate the symptoms. Colonel Chalm
was tried with the effect of giving
temporary relief, but the disease
came on with redoubled virulence
afterwards.

Diarrhea and dysentery are not un-
common. These may be traced to the
causes enumerated above, combined
with poverty of diet, the Potatoe forming the staple article of food in some districts for whole seasons of the year. Aprosities most commonly arise in connection with Renal disease, are not rare, no doubt traceable like-wise in some cases to the want of those nutritive ingesta so essential to the wellbeing of the body physical.

At Stereical affections - Cardiac palpitations and Dyspepsia producing Hypochondriasis are the most frequent, due no doubt like the Aprosities in part to the constant use of vegetable diet, but are very generally traceable in the female to Amenorrhoea or other forms of derangement of the Uterine functions arising from a humid atmosphere.

Indolent Ulcers and Dyspepsia Inflammations are not uncommon but the latter rarely or never assume the epidemic form and are not invariably conjoint with constitutional Asthenia.
Asthma.

Puerperal Fever also, though by no means rare, never seems propagable by contagions, and malaria and accordingly never assumes the character of a painfully fatal epidemic which it oftentimes unfortunately manifests elsewhere.

The common cutaneous eruptions as Scabies, Seborrhoea, Impetigo &c are rare, while the still more repulsive varieties of the venereal disease cannot be regarded as at all localised.

One exception to this rule must be specified. The whole group of islands with the exception of the Lewis was at one time characterised to a considerable extent by the presence of that variety of the Venereal Disease called Condylomata or Sibbiers, for they are now regarded as analogous. With the exception of the South West coast, this is the only part of Scotland, so far as I am aware...
aware, where this repulsive affection can be regarded as a thing of ordinary occurrence. Fortunately for the inhabitants of these parts the disease now seems to be dying a natural death. Some 15 or 20 years ago, it frequently assumed a very virulent aspect, running a distinct course of some months and yielding in no degree to medical treatment. The prevalence of the disease in this quarter has been ascribed to the filth of the inhabitants, but combined with this, there must no doubt exist a virus of a specific nature to propagate the malady. We do not incline to the opinion that filth in addition to the ordinary Syphilitic virus is sufficient to induce Syphilis. It is held by some that sexual intercourse is not necessarily essential for the propagation of Condyloma-tes, but that whole families may become affected from sleeping together.
and that the mere contact with the skin of a diseased person will excite similar symptoms. From the little enquiry I made into this matter, I have not been enabled to verify the truth of this doctrine.

Another disease of endemic origin and which is somewhat peculiar to the Lewis as compared with other parts of Scotland is that called, Osmosis or Xanthus Nascentium - the Lock jaw of Infants. This formidable affection usually attacks the infant - from the fifth to the ninth day and yields to no kind of treatment. It is very frequent in the West Indian Islands as well as in the Islands surrounding Iceland. In the former locality it comes on usually in the second week after birth, hence named the ninth day disease. It is also designated the "jaw fall" from the circumstance that shortly before death the lower jaw which has been previously clenched
clenched into the upper, drop upon the breast. It has been computed that a fourth of the infant negroes of Jamaica used to be martyrs to this fell malady. Various reasons have been assigned as the cause of the disease—such as the irritation caused by the retention of the Meconium in the intestines—the irritation caused by cutting the Umbilical cord with some blunt instrument or the dropping of it afterwards with irritating applications such as Antimony, &c. The latter idea cannot apply in the case of the Lewis, for here as in other parts of Britain it is cut by means of a pair of Scissors or the Scalpel and the dropping consists in the application simply of a piece of linen. A more probable theory has lately been mooted by Dr. Simpson in his “Contributions to Obstetric Pathology and Practice.” He thinks the presence of Albumen in the Urine or Bright’s disease of the Kidneys occurring in the
in the mother and communicated from her to the child has much to do with the production of this fatal disease as well as infantile convulsions. It is needless here to enter at any length into the manner in which the presence of Albumen in the urine would have this effect.

The two principal theories held regarding the effects of Albumen in the urine are 1st. That in Albuminuric the Albumen is excreted by the kidneys and consequently being retained in the blood and accumulating there, that fluids become poisoned, not by the urine directly, but by the conversion of it into Carbonate of Ammonia. 2nd. That at St. Simpson's Hospital, "some morbid agent-act in the blood capable (like Strychnia) of increasing the central irritability or irritancy of the spinal system to such an excessive degree that under this susceptibility, comparatively slight excitiae cause of irritation in the Stomach, Bladder, and so readily induce convulsive attacks of"
a general form like those of puerperal eclampsia" - Supposing this theory to be true, the explanation of the cause of this fatal malady, the eccentric causes of irritation in the uterus would most probably be the luminous atmosphere which of itself has been supposed capable by some of originating Sirens Fantastium also the atmosphere of the houses or rather huts of the natives. Peat is the only fuel used in the locality. It is a common practice to raise the houses artificially, the roof being composed of straw for the purpose of applying it as manure to the ground. In order to prepare the material composing the roof of the surface they burn large quantities of peat, the smoke of which is not permitted to escape through a regular chimney, heat is obliged to find an exit through the roof. The consequence of this is, that the dwellers are constantly replenished with fumes. In the combustion of peat certain deleterious and suffocating gases are evolved, while...
though too trifling in quantity to affect
the string frame of the adult, may well
be supposed capable of producing motion
effects on the weakly infant, whose blood
according to the theory, we have adopted
is already in a condition capable of
cold, receiving impressions from ex-
ternal stimuli.

Another eccentric cause may, be ascribed
in the shape of the upheaval from
the dung-hill in the other beam of the
world, frequently the accumulation
of 12 months - owing to the peculiar
formation and ventilation of the
dwelling. This is brought to the end in
which the human inhabitants reside;
frequently no partition divides the sort
of the creation from this irrational com-
 Fare.

Another circumstance which renders
this theory the more probable is that
traumatic tetanus is of exceedingly
by rare occurrence in the Denver.
I have known only two such cases—
line
One, the case of a female, occasioned by a lacerated wound of the foot. The local symptoms were limited to lockjaw which supervened when the wound was nearly excised. The contraction of the muscles of the lower face extended gradually, and eventually complete recovery took place under seemingly easy treatment. The second case was that of a robust young man. He let and malady followed a lacerated wound of the head and carried off the patient notwithstanding the assiduity of the medical attendants.

In conclusion will make a few remarks on Scrofula. A singular fact in the morbid pathological history, more especially of the skin, is its complete exemption from Scrofula. So much so that the Pulmonary Carcinoma can scarcely be detected in any of its malignant forms. It occurs rarely at all discoverable signs.
almost invariably be traced to some origin. The medical men there have informed me that they have never in the course of their professional experience fallen in with a single case of true Thysises originating in the Island. They have occasionally met with cases of natives of the Island who had lived in some of the larger towns in the South. Several causes combine to account for this total exemption from Pulmonary consumption. Some might be inclined to attribute it to the prevalence of Rheumatism and other diseases with which it is associated, the constitution of these diseases cannot contest. This may possibly be a cause but certainly not the sole cause. The opinion which is now almost universally held regarding the origin of Thysises is that it is owing to an excess of allehments and a diminution of oil in the system. Consequently by the use of Cod Lin oil. The upholders of this doctrine would despise the exemption.
from Scurzka due to the large quantities of fish used by many parts of the Belm"en, Long and Hennip fresh and smoked from the principal source of existence.

The oyster, constituted for that small art (they might dispute a species, the Stomus, coelacan in the way of invention as effectively as Cottic),

The upholders of Denmark as an Anti-stomus as a pest might also in a piece of the genus have something to confirm from in their opinion. The sea-coast abounds with edible species of algae such as the Triba, Helminth, Ocello with the Celtic ingredients Souleasa, Inta, or oidea edible, Thura, excelsentia, or honey, Bane and Thura, perspectiva, or helvefulcra. The more esteemed may be the Triba of Therry in white or white in milk or milk in white to a gelatinous consistence. When prepared with milk they form a most agreeable dish sabatable.
palatable and at the same time nutritious. The use of these is not confined to the native inhabitants of the Western Isles. "Fish soup" is now a recognized dish among the higher classes of society. All these contain Insulin in large proportions, in fact Insulin is prepared from them, so that from the fact of the inhabitants using them extensively as articles of diet, particularly during seasons of scarcity, the Insulinists have some shadow of reason for supposing that this also may be a cause why the inhabitants of the Lewis are exempt from Insulce. But unfortunately for this conclusion, while Insulce in the Long Islands exist as a disease of endemic origin, other forms of the Scrophulous diathesis are by no means uncommon, and if the use of these Algae were profited by Insulce against Insulce, it should have equally so against the other Scrophulous affections, supposing a union that Insulce of the Long and Morbids Cotarine.

are merely different types of the same constitutional cachexy. This does not
homenow appear to be the case, whether it arises from the comparatively limi-
ted use of the sea meals and the consequent small production of iodine
taken into the system or from the invalidity of the doctrine itself. It seems
somewhat extraordinary that such scrofulous affections should exist at
all but there is no doubt but Scro-
fulous cases of the Vertebrae, Ulcers
Carious, King's Evil and other joint
and glandular affections are by
no means rare. It appears to us
that such affections must be dif-
ferent in cause and character from
that which is so fatally character-
ized by the deposition of Phœnec
in the Glands. That in short Scrofu-
al has more than one radical type
in its pathological origin and character
else why the countries of a rather im-
comumity from Phœnecia while often
...
forms one common?

How can we think the only two answers to this question either, viz.
the various other forms of Scrofula are merely
minor grades of the disease and require
a less intense degree of the exciting
cause to induce them or Dr. That the so
called form of Scrofula, Believed in the
Ewing, must be different in type from
the other stenuous affections, the form
occurring the subject—merely as a difference
of degree the latter or a difference of
kind. This Preston must for the present—
be shelved. We have already written
at some length regarding the probable
causes why the latter is exempt from
Phthisis—We will now resume the
enquiry. In Sir John Sinclair’s Statist-
ical Account of Scotland, it is stated
that, in districts where previously to drain-
ing on a large scale, Intermittent Fever
was prevalent—Consumption rare;
after the draining, the order of things
was reversed; Intermittents became rare
and consumption more frequent. It is difficult to account for marshes and
swamps acting as prophylactics against consumption, though it is by no means
surprising to find that their removal would have the effect of alkaliising the
mittents - but supposing Sir John
Sinclair's statement to be correct
such a preventative exists in the Lewis
to as great an extent as in the Case
of Gower, or any other place we
are acquainted with, the whole island
of the Island being as we have al
ready described one immense flat
bed of moss and bog. It is much
more probable however, that the in-
crease of consumption was a result
much more of the increase of inhab-
tuation and other causes consequent
on a barren state being brought to
a state of cultivation than to any
effect on the atmosphere regarded
as susceptibility to phthisis.
All the above mentioned causes must
however.
however be viewed as at least merely secondary preventive agents. What, then, probably is this great and essential prophylaxis? With little hesitation we advance it above opinion that this resides chiefly in the climate. From the earliest times, climate has been looked upon by medical men as well as by the people, as a great auxiliary to other appropriate remedies in the cure of diseases, and the more light that is thrown upon the subject, the longer observing physicians witness the effect of climate, the more convinced they become that it is a powerful tool. That climate should never be neglected in the cure of diseases, especially those of a chronic form. As all diseases, in furthering the cure of which, change of climate has been least recourse to, phthisis is the chief, and doubtless many consumptive patients have derived benefit from such a change.
change. But unfortunately this is too frequently looked upon as a last resort, consequently many have left their homes to seek a foreign name or to hearse on the stormy billow. If this wrong application of a powerful remedy is attributable the callousness to it which leads in the breast of many medical men, who are thereby induced to look upon phthisis as an incurable disease. In order that benefit should arise from change of climate, recourse to it should be had early while yet the lung is not extensively involved, while yet the digestive and other functions are most favorable to destruction. What more absurd than to suppose that climate should have any influence on the man whose very looks bear witness to airs should convince the medical attendant, that the tubercular cachexy has already taken a hold of the system which no power can unloose. But—
abundant evidence could be adduced to show that when recourse to this remedial agent was had at a comparatively early stage of the disease, while yet the constitution was main-

sailed, amendment has been the result—in many, positive cure in many also, granting of course that attention to other obvious rules of treatment had been without which no remedial agent—however powerful—is equal to the care of any disease. Summing then, the real influence of climate towards promoting the cure of Phthisis or any other—it must have still more

honour and a preventive. But what quality or qualities are there in the climate of the States to meet the supposition that here it is the chief prophylactic? We have in the meteorological tables demonstrated that the climate here as in most

other islands is more temperate than continents under the same hardship.
We have shown that while, the winter month
of 1855 which was unusually severe,
and very little colder than the average
of the same months in London and
Edinburgh, the summer months were
much cooler than in either of those
places. The climate being there much
more equable and remaining when
compared with them, being much in
state year round.

It is unnecessary here to say anything
regarding the unusual effects of fre-
guent and great variations of tempe-
trature. We have no space now, even hav-
ing the ability, to offer any original
speculations regarding the manner
in which an equable climate might
act thus powerfully in preventing the
spread of diseases, but it must be
evident that the inhabitants of locali-
ties possessing such a climate are not
exposed to the exciting causes, to which
the commencement of this disease
may frequently be traced. Neither do
we feel warranted, from our small extent of observation, in recommending this locality at a fit season for phthisical patients. We have known several phthisical patients who have been removed to this place ultimately made a good recovery to the salubrious influence of climate there. As we attribute the total suppression of the disease in this state to phthisical habits - from that disease which is ultimately fatal in the vast majority of cases - which destroys about a sixtieth of the whole population of England and a fifth of all who attain the adult age.