

Dr Jas
Gregory
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Dr Geo.
Gregory
note
by latter

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Dec. 31 1810

I do not wonder that you & others in London
have been disposed to think the Windsor
Doctors too sanguine in their favorable
prognosis with respect to the Kings recovery,
what some of them said appeared to me quite
extravagant, on the most favorable supposition.
For I own I suspected as many others here did
that there was some mixture of Political
alias Lying & Knavery in what they
said. I have not the honor to understand
the distinction between derangement &
Insanity; & as little do I understand the
intermediate state between the two, in
which unluckily middle state the poor King
has the misfortune to be at present. But
all Dr Baillies friends here, & none of them
more than myself, have been highly gratified
with his rational, candid, modest

answers

To the questions put to him, & his more
cautious prognosis, we conceive then that
he has raised himself very much in public
estimation; & that some of his brethren
have degraded themselves & their profession
you may tell him so from one; but tell
him also that even his prognosis — his
hopes of a perfect recovery was more than
I should have ventured to give in almost
any case of mania, even tho' the patient
were young & ill for the first time.

You know we have no professed mad Doctors
here, so we are all obliged to take our share
of that most irksome & horrible kind of
practice. I have sometimes had occasion
to see twenty or more mad patients in a
year; to my great sorrow; for I would
rather see the Devil than such a patient
a man possessed with a devil as the Jews
conceived I doubt whether Dr Baillie

has seen as many mad patients as I
 have seen. The general result of my
experience & observation has been
very unfavorable some of them have
died soon, without ever recovering their
 senses. This I have known in four or
 five cases in which the first attack of
 mania was from violent emotion of
mind either great or sudden joy, or
great & long continued sorrow. all
 the patients to whom I here allude
 were women, between 20 & 35 years of
 age. I have seen many maniacs who
 lived long in that miserable state, —
 without ever recovering completely, or
 even tolerably from the first attack
 of their malady. I have known some &
heard of more who did recover tolerably
 and as it was thought completely from
 the first attack of the mania: but of
 these

a large proportion had repeated attacks of
it afterwards, & either died mad or became
permanently mad or idiotical & stupid &
incurable, but worst of all, most if not all
of those whom I have known either as patients
or mere acquaintances who had once been
mad have never been quite sound afterwards.
They are somehow odd, or particular, in
their conversation & demeanor; some
of them even in their looks, to a very remark-
able degree. Some of them had always a
quick hurried desultory manner of
speaking & thinking, implying perhaps
not want of talents memory, acuteness,
Fancy but want of time & attention to
think rationally & justly on any subject.
Others of them had their whole thoughts or
minds so engrossed by one or two favorite
subjects for example religion Love
Avarice

Objects that they could not attend enough
 to other things to be able to judge & act
 properly with respect to them, or even to see
 the most important relations (obvious
 to other men) of their favorite object to
 other things. — Several of those supposed
recovered maniacs have had alternately
 too high & too low spirits. some of them
 have been always irascible, of course,
 often quarrelsome, & even furious on
 very slight occasions, which to other men
 would have given no irritation or
 provocation, some of them are wondrously
 & permanently (at least much longer than
 ordinary men) susceptible of the influence
 of strong liquor; even in very moderate
 quantity. some of them seem liable
 to be strongly & unreasonably affected by
every emotion or passion of course,
 often violently agitated by slight causes —
 In short even one attack of mania seems

to stamp upon a Man an indelible Character.
This does not happen from dreaming nor from
transient intoxication (not often repeated), nor
even from mere delirium — though violent —
symptomatic of Fever. — After dreaming, or
being drunk, or being delirious perhaps for
two or three weeks — from fever, a Person
recovers perfectly. Whatever may be the
Nature or Cause of the difference between
those kinds of Insania and genuine Mania,
there certainly is an essential difference
between them, especially as to subsequent
susceptibility of the Disorder, or tendency
to it; or perfect freedom from it.

Not one of the wise Statesmen who
enquired so pointedly and eagerly about the
probability of the King's perfect recovery
would trust or employ as a Steward or
Attorney, or Lawyer, or Coachman, nay
hardly as a Physician, a Man who had
once been in a strait Waistcoat. I doubt
much whether any of the Windsor Doctors
would do so. The East India Company,

I am confident would not trust one of
 their Ships to such a Man, however
 well recovered his Mad Doctors might
 think him. I do not believe The Lords
 of The Admiralty would trust a Sloop
 of War to such a Comander - unless
 from irresistible Parliamentary Interest
 and in this Case they would deserve to be
kick-hauled, for doing what they knew to
 be infamously wrong - No Man in his
 senses would like to have such a Friend,
 or Inmate, or even such a Man who
 had once been quite Mad, as an agreeable
 Companion in a Post Chaise from London
 to Edinburgh. The less you have to do
 with such Men, the better for you. They
 are so generally wrongheaded, obstinate,
 capricious, flighty, and apt to go quite
 Mad again, from very slight causes, that
 they must always be objects of the most painful
 distrust and distrust. To me, they are often
 objects of horror. You know I wish you very
 well, but I assure you I would rather,

much

much rather, see you fairly screwed down
in a good roomy Gown (7 feet long) than
in a strait Waistcoat; though you had
all the Windsor Doctors, Doctor Willis and
Dr. Baillie to boot, to Doctor you regularly
methodically and secundum artem. — I
observed long ago, in old Heberden's Com-
mentaries, that his Notion of Mania &
of the Prognosis in it & of the complexity
of the recovery from it was not much more
favourable than my own. I wish you
could learn from different people whom
you regard as Men of Sense, especially
from rational medical People, and most
of all from Dr. Baillie, what their Notions
are of these matters. But do not mention
this Letter to any body, except only to Dr.
Baillie: and to him confidentially. —

I do not believe Our good old Hingham, been
an exception to my unfavorable observations.
It appears clearly now, that he has been
repeatedly wrong, since his long and
severe derangement 22. Years ago. And
it

it does not appear that he has ever been quite right since that time. Nay, it appears that he was declared (by his Doctors) to be quite well, when they knew he was not so, and that they allowed him to do business in that half mad state.

Judging of the probable Event of an Attack of Mania from *Causis et Sedibus Morbi per Anatomiam indagatis*, we should expect no recovery by the Powers either of Art or Nature: nay, we should think it very improbable that a Maniac should live long: for neither Art nor Nature (as far as I know) can remove such general or partial hardness, or such organic affections - tumors - hard - soft - scrofulous or what you will, of the Brain, as are said to have been found on opening the heads of Maniacs. And such Tumors &c. are very likely soon to be fatal. But Experience has shown that many Maniacs live

live long; and that many of them recover
(to a certain degree for a time), and have
repeated relapses: sometimes at pretty
regular periods; sometimes at irregular
Periods, and evidently from occasional
Causes, slight in themselves, but of such
a Nature, that they could not produce or
renew such organic affections: for example
such causes as violent emotion of Mind -
full diet - half a bottle of Wine - intense
application to Study or to Business - ^{child birth}
suppression of the Menstrue &c. From these
observations we must infer that Mania
is often produced by morbid conditions of
the Brain, quite different from those
visible tangible organic affections which
have sometimes been found: - perhaps by
morbid conditions of the brain not discoverable
per Anatomiam.

Judging of the prognosis in Mania
from the well known fact that it is often
Hereditary, we must believe that the peculiar

(or morbid) condition of the Brain on which it chiefly depends, and which if it cannot, by itself, produce Mania (which however I shrewdly suspect that it may do, when it is in a very great degree) at least gives the strong predisposition or tendency to it, consists in some original Constitution of the Brain: which can no more be changed by Art, than a Person's Stature, Complexion or Sex.

Judging from the well known facts that Mania seldom appears in very early life. — often appears after the body has attained its full growth and strength, sometimes not till good old age — 60. or even 70. & upwards, even when notoriously hereditary; considering also that it generally grows worse — more frequent — more obstinate — as the patient grows older; and that a degree or modification of mental Derangement (without genuine Mania)

Coming

comes on very often in extreme old age,
we must infer that the Changes which the
body, (I mean especially the brain,)
undergoes in the progress of life, tend
to increase that peculiar state of the
brain which gives the tendency to mania.
These changes too, are beyond our power.

Considering how often Mania is
produced (in the predisposed) by very slight
occasional causes (mental or corporeal)
how often it occurs repeatedly in the same
persons, sometimes even periodically, and
at last becomes habitual and permanent,
we must infer that it depends much more
on original predisposition than on the
occasional causes of it.

Even on the most favorable supposition
that in any Cases Mania does not depend
on Organic Affection, or even on any
original bad Constitution of the Brain,
and

and is produced in persons otherwise healthy and well constituted) by certain occasional Causes, as Plague, a Poa, small Poa and Measles, Ague, Pleurisy, Hooping Cough Asthma, Epilepsy, & may be; - still a strong reason for unfavorable prognosis irresistibly obtrudes itself on me. - It plainly is not on the same footing with small Poa, Measles, Hooping Cough &c. the susceptibility of which is destroyed by their once having been produced in the body: it is not even on the same footing with the Scarlet fever, and the common continued Fever which may be produced again and again in the same person: but the susceptibility of which is greatly lessened by their having once been produced; Mania should seem to be more on the footing of many other morbid actions of living parts, Ague, Inflammation - (Ophthalmia, Cynanchus, Gout

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Gout, Rheumatism) Spasm (Epilepsy
Asthma &c) the tendency to which is
much increased by their once having
taken place. Some of them, and Mania
too, seem to rivet themselves in the
Constitution by repetition & habits.
I shrewdly suspect that in some Cases
of Mania, there is a peculiar kind or
modification of Inflammation in the brain.
Many of the occasional Causes - violent
emotion of Mind - full living, hard
drinking, Intoxication - Wounds, or Contusions,
or Concussions of the head - some of the
preceding and concomitant Symptoms -
acute head ache, Vertigo, throbbing of the
Arteries, flushing of the face - and even
some of the appearances found on dissection -
redness - effusion, suppuration - tally
very well with that notion. Nay I
can well conceive that Tumors and
general

or partial hardness of the Brain (as well as
 of the Liver) may have been produced
 Originally by some Inflammation there.
 The experience of the Juvantia, (as well
 as of the Loduntia) strongly confirms the
 same notion of some inflammatory state
 of the Brain in some Cases of Mania.
 From what I have actually seen, I
 am much disposed to believe some part
 of what I have heard and read of the
 good effects of general and topical
 bleeding, and of purging, and of cool
 spare diet in some Cases of Mania.
 Those Evacuations, and that Diet, and
 the strict Antiphlogistic Regimen are
 the only Physical Means for the Cure of
 Mania, in which I have any Faith.
 The Moral means, ~~are~~ Awe, Restraint
 Coercion, in plain English, a Strait
 Waistcoat — do infinite good: they not
 only

only prevent Mischief, but contribute
much to the cure. The modus operandi
I conceive to be nearly analogous to that
of a stern Schoolmaster, and a Rod well
applied to their Posteriors in restraining
and training properly mischievous
Schoolboys, or of a steady General with
the help of the Cat's nine tails, and
occasionally of a Halber, in restraining
a licentious Soldier. There is a closer
affinity than people are generally aware
of between Insanity and Depravity:
just as there is between sound sense
and Virtue. — Even if Madness were
purely a Mental affection — a peculiar
Constitution and habit of Mind,
unconnected with any bodily disorder
like great or peculiar Talents — for Music
Poetry — Mathematics &c. — I should not
think it could be completely cured, or
that

that Constitution and Habit of Mind
 permanently changed by any human means
 — But as a paroxysm of Mania — like
 that of Ague, Gout, Asthma &c generally
 goes off after some time, any abominable
 Drug, or any impudent Quack, that
 chanced to be employed just before the
 favorable change took place, will
 often have the Credit of the Cure. Not
 often I suspect at the Age of 73. The
 Days of a Man are Thru Score Years and
 Ten. No wise Man strong or weak, should
 wish to live longer. All that comes after
 is but labour and sorrow. The Machine
 is not calculated to last much longer.
 Nor do the strongest People live the
 longest: as the Miss Gordon's can testify.
 But perhaps it is better that Mankind
 in general should not know the whole
 truth, even about Mania. Si populus
vult decipi, decipiatur. — "Where
 ignorance is Bliss, tis Jolly to be wise". —
 If

If our wise Statesmen had got me
to examine about Mania, and had
pestered me with such questions as
those which they put to some of the
Windor Doctors, I should have been
much tempted to warn them to take care
what questions they put to their Witness,
who was obliged to answer them explicitly,
to the best of his knowledge and belief.—
and to tell them that to explore too deep
the Breast of a Physician was worse
than opening Pandora's Box: for as much
as they would find in it all Pandora's
ills, and no hope at the bottom.— I
am tired of this long lecture: which
if cut into four and twenty equal
portions, would make four and twenty
middle sized Letters. — but it accordingly
and you will see that I am a regular
and most excellent Correspondent.

Best wishes to D.^r Baillie & his

Family, & Mrs Hunter & Sir Walter
Langchar; &c &c

Yours ever
(Signed) J. Gregory.

Monday Evening 31st Dec^r 1810.

N.B. — This enormous long letter
was received in three trunks on the 3^d 4th
of Jan^y 1811. & was an answer to one of
mine written about 3. weeks before

(Signed) J. Gregory

31 Dec. 1810

Dr Gregory

Copy of his letter on
the Kings Almshouse.