

Letter to John Washington, 28 November 1860

Livingstone, David, 1813-1873

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Tette 28 Nov^r 1860

Dear Captain Washington

On treating myself to a reperusal of your kind notes I find that I have to give you some information about the country south of the Zambesi. Speaking in a general way all the region south of Tette Senna & Shupanga is under true caffre or Zulu rule. the paramount chief Manikuse, lately deceased, lived somewhere inland from Sofala and he had war with the people of that fort lately. These caffres named Landeens by the Portuguese are quite friendly to the English - we meet them occasionally at Shupanga where they come to take tribute of the Portuguese whom they conquered. We had thoughts of going in that direction and to visit an [ancient] Jesuit establishment at Gorongozo about 60 miles west of Senna, but we have the difficulty that the Portuguese still claim the whole country, and any thing we should do would be opening the country which at present they dare not enter, for their advantage: Large sections of a very fine mountainous country called Shiringoma were ceded

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by the natives to Portuguese who had intermarried with their chiefs - they were expelled by the Zulus aforementioned, and now that they dare not set a foot in it their home Government made a decree that the lands were to be more equally divided, and the family that got it by intermarriage should only have seven leagues of it - they fled lately from Shupanga even

because the rent was excessive,
400 dollars to their own Government,
& 600 to the Zulus.

then whenever we go the Portuguese
try to pick up information in a
sneaking way, and assert that they
knew all about it long ago. "It is
all in our archives in Lisbon"
It is not the low characters out here
that do so but Portuguese ministers
even, as in the case of two slaves
having come from Cassange
in Angola to Tette. they said in
a dispatch to our Government that
these were Portuguese who "went to
Mosambique." there is an old woman
still living at Tette who remembers
their coming, and she is positive that
they were quite black, and did not

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go further than Tette.

They claim Delgoa Bay too and all
the sea board - so we should procure no
advantage for our own country by
opening up friendly relations with
the tribes inland of their claims. We
feel more interest in parts beyond
their claims - and the Rovuma is
said to be navigated in large
canoes as far at least as the
Longitude of the Lake Nyassa

Between Mosilikatze and
the Banyai there is a large
friendly tribe called Bazizulus
(Portuguese Mosusurus) they have
cattle and are in an interesting gold
country - stone walls & caves
are said to be common. We
shall make a trip to them in our
way up after we have been to the
Rovuma.

Many thanks for the ale &
books. We have a good chronometer
belonging to the Government and
my own private one as a standard
We have a third but it is small

and not very good. Two pocket
chronometers were sent home

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with M^r Rae - for cleaning &c. If you have
an opportunity we shall be glad to get
them again.

I trouble you again about the
vaccine Virus as you will be able
to get it sent direct. Perhaps two
supplies by different mails might
secure it fresh. I wish it in capillary
tubes - I cannot conceive where our
letters stick fast - they come in gushes

I thank you most heartily for all
the trouble you have taken about the vessel
and I am very glad that you have
lent us Skead. He is a first rate
fellow, and I hope that you have not
been so carefully in marking the exact
point beyond which he is not to
go. I think Duncan would do well, if you have the same confidence in
him that we have you will accept
the offer I understand he has made

I am &c

David Livingstone

We found that Rowe had managed by
dint of plastering & shoreing to keep the vessel
afloat - the Pinnacle is as bad - bottom all worm
eaten as she was old when we got her - both make
much water - having no other resource we mean
to try both and abandon that which sinks first
the steel does not go totally as Iron would but is
as if worm eaten all over. 20 Dec^r tried to take her down to Senna in order to save the engine
but so many leaks broke out daily we had
to allow two compartments to stand always full. When within one day of Senna the current
carried us on a shoal & we could not move her. She filled & we abandoned her - the engine
is worth £20 or £30.

D.L.

[0005]

A Note on Fever for D^r MacWilliam
transmitted by favour of Captain Washington

In the typical cases given in Dr MacWilliam's Medical History of the Great Niger Expedition the gall bladder was found distended with black bile, and if my memory does not deceive me most of the cases treated with quinine at an early period of the disease either recovered or were subjected to the milder or intermittent form of Fever.

In 1850 I adopted the plan of giving quinine mixed with a purgative as the first step of the treatment - and was successful in the cases of two of my own children and an English party whom we found at Lake Ngami, and of whom one had died before our arrival - I have lost the notes of my reasons for adopting the practice, but I have been successful in every case I have met with since. The prescription employed is of Resin of Jalap and Calomel [of each] eight grains - Quinine and ~~and~~ Rhubarb of each four grains. Mix well together and when required make into pills with Spirit of Cardamoms. Dose from Ten to Twenty grains. The violent headache - pains in the back &c &c are all relieved in from four to six hours

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and with the operation of the medicine there is an enormous discharge of black bile - the patient frequently calls it blood. If the operation is delayed a dessert spoonful of salts promotes the action. Quinine is then given till the ears ring &c. We have tried to substitute other purgatives instead of the Resin of Jalap and Calomel but our experiments have only produced the conviction that aught else is mere trifling. No strength is lost. In our march up the river of 600 miles on foot - a European would be stricken down one day and the next after the operation of the remedy would resume his march on foot. In some very severe attacks a donkey was used but never more than two days - he would prefer to tramp it.

We tried Warburg's Tincture

which has a great reputation in India, but it causes profuse sweating and does not cure the disease - the strength is also impaired. We had a good supply, by the kindness of one of our Nobility, but I am compelled to say that it did not answer our expectations. the daily use of Quinine is no preventative we have seen many cases occur when the person was on the verge of cinchonism.

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I employed the foregoing remedy with success on the west coast, but made no fuss about it more than make a general statement in the "Missionary Travels." I was not quite sure that our fever was identical with that D^r MacWilliam encountered in the Niger but the melancholy fate of a party of missionaries at Linyanti where six out of nine Europeans, and four native attendants perished in the short space of three months makes me fear that it is the same complaint as that which destroyed the officers of Commodore Owen in Zambesi - those of Captain Tuckey in the Congo, and the crews of the Great Niger Expedition in that River. My companions, D^r Kirk and M^r C. Livingstone entertain the same opinion of the value of our Pills that I do. We wrote a paper for one of the medical journals. But the above sad case makes us anxious that the remedy should become more extensively known than it has been - and I do not know a better plan for effecting this than by communicating it to D^r MacWilliam. No secret has ever been made of it but I felt as if saying more than I did would be Quackish - those who may try it will do well to remember that the above doses are for great He creatures whom [...] [they] turn so effectually inside out that

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we have termed them "Rousers".

I cured myself and native companions

in this way during my long journeys between
1852 and 1856 and that the remedy has
no bad effect on the system may be
inferred from the fact that I have had
no regular attack of fever since my
return. I have had little illnesses
probably from exposure to malaria
in its most intense forms, but nothing
like what I formerly experienced. And
I am of the opinion that, what we were
all taught, not to give quinine
till we had used the preliminary measure
of relieving the bowels, was a
mistake Query. Might the [remedy] not be applied
to some of the fevers at home that
arise in unhealthy localities. Around
every village in this country, there is
a very large collection of human ordure
during the dry season - this is swept
into the rivers by the heavy rains & you
may guess the effect from hundreds of
Thousands of villages. The natives here
dont drink it, as the natives do on the
banks of the Thames, but make holes in
the sand to draw from. Possibly this
has as much to do with the origin of fever as
it has at home.

David Livingstone

1860 Tette 28th Nov^r

I give a specimen of the difference between Dry & Wet Bulb - Victoria Falls 24 Sept^r 1860

In shade - 9 A.M. Air = 87° Wet Bulb 59° Difference 28°

12. Air 96.5 Wet B. 63 Diff 33°5

3 P M Air 96 W.B.60 Diff. 36

Once the diff was 40°

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the greatest difference to D^r MacWilliam observed was I believe 16° generally it was 6° or 7°