

## Letter to John Washington, 28 November 1860

*Livingstone, David, 1813-1873*

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[0001]

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.

Tette 28 Nov<sup>r</sup> 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 [0002]

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  
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  
[0003]  
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  
 [0004]  
 with M<sup>r</sup> 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 concieve 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 Pinnace 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<sup>r</sup> tried to take her  
 [0005]

|   |  |  |                                  |
|---|--|--|----------------------------------|
| I give a specimen of the difference<br>between Dry & Wet Bulb - Victoria<br>Falls 24 Sept <sup>r</sup> 1860 | In shade - 9 A.M.<br>Air = 87° Wet<br>Bulb 59° Differ-<br>ence 28° | 12. Air 3 P M<br>96.5 Wet Air 96<br>B. 63 Diff W.B.60<br>33°5 Diff. 36 | Once<br>the diff<br>was<br>[40°] |
|---|--|--|----------------------------------|

A Note on Fever for D<sup>r</sup> 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  
[0006]

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

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.

[0007]

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<sup>r</sup> 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<sup>r</sup> Kirk and M<sup>r</sup> 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<sup>r</sup> 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

[0008]

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 28<sup>th</sup> Nov<sup>r</sup>