

## Letter to John Washington, 28 November 1860

*Livingstone, David, 1813-1873*

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[0001]

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 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 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 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<sup>r</sup> MacWilliam  
transmitted by favour of Captain Washington

In the typical cases given in D<sup>r</sup> 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.

[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>

I give a specimen of the difference between Dry & Wet Bulb - Victoria Falls 24 Sept<sup>r</sup> 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°

[0009]

the greatest difference to D<sup>r</sup> MacWilliam observed was I believe 16° generally it was 6° or 7°