

be necessary to apply several blistering plasters to the most sensible parts, as the inside of the legs and thighs, &c.

Bleeding is seldom necessary in this disease, and sometimes it does much hurt, as it weakens the patient and depresses his spirits. It is therefore never to be attempted unless by the advice of a physician. We mention this because it has been customary to treat this disease in childbed women by plentiful bleeding, and other evacuations, as if it were highly inflammatory. But this practice is generally very unsafe. Patients in this situation bear evacuations very ill. And indeed the disease seems often to be more of a putrid than of an inflammatory nature.

Though this fever be often occasioned in childbed women by too hot a regimen, yet it would be dangerous to leave that off all of a sudden, and have recourse to a very cool regimen and large evacuations. We have reason to believe that supporting the patient's spirits, and promoting the natural evacuations, is here much safer than to have recourse to artificial ones, as these, by sinking the spirits, seldom fail to increase the danger.

If the disease prove tedious or the recovery slow, we would recommend the Peruvian bark, which may either be taken in substance, or infused in wine or water, as the patient inclines.

The miliary fever, like other eruptive diseases, requires gentle purging, which should not be neglected as soon as the fever is gone off, and the patient's strength will permit.

To avoid this disease, a pure dry air, sufficient exercise, and wholesome food, are necessary. Pregnant women should guard against costiveness, and take daily as much exercise as they can bear, avoiding all green trashy fruits, and other unwholesome things; and when in childbed, they ought strictly to observe a cool regimen.

CHAPTER XXII.

OF THE REMITTING FEVER.

THIS fever takes its name from a remission of the symptoms, which happens sometimes sooner and sometimes later,

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but generally before the eighth day. The remission is commonly preceded by a gentle sweat, after which the patient seems greatly relieved; but in a few hours the fever returns. These remissions return at very irregular periods, and are sometimes of longer, sometimes of shorter duration; the nearer however the fever approaches to a regular intermittent, the danger is the less.

CAUSES.—Remitting fevers prevail in low marshy countries, abounding with wood and stagnating water; but they prove most fatal in places where great heat and moisture are combined, as in some parts of Africa, the province of Bengal in the East Indies, &c., where remitting fevers are generally of a putrid kind, and prove very fatal. They are most frequent in close calm weather, especially after rainy seasons, great inundations, or the like. No age, sex, or constitution is exempted from the attack of this fever; but it chiefly seizes persons of a relaxed habit, who live in low dirty habitations, breathe an impure stagnating air, take little exercise, and use unwholesome diet.

SYMPTOMS.—The first symptoms of this fever are generally yawning, stretching, pain, and giddiness in the head, with alternate fits of heat and cold. Sometimes the patient is affected with a delirium at the very first attack. There is a pain, and sometimes a swelling, about the region of the stomach, the tongue white, the eyes and skin frequently appear yellow, and the patient is often afflicted with bilious vomitings. The pulse is sometimes a little hard, but seldom full, and the blood when let rarely shows any signs of inflammation. Some patients are exceedingly costive, and others are afflicted with a very troublesome looseness.

It is impossible to describe all the symptoms of this disease, as they vary according to the situation, the season of the year, and the constitution of the patient. They may likewise be greatly changed by the method of treatment, and by many other circumstances, too tedious to mention. Sometimes the bilious symptoms predominate, sometimes the nervous, and at other times the putrid. Nor is it at all uncommon to find a succession of each of these, or even a complication of them at the same time, in the same person.

REGIMEN.—The regimen must be adapted to the prevailing symptoms. When there are any signs of inflammation, the diet must be slender, and the drink weak and diluting. But when nervous or putrid symptoms occur, it will be necessary

to support the patient with food and liquors of a more generous nature, such as are recommended in the immediately preceding fevers. We must however be very cautious in the use of things of a heating quality, as this fever is frequently changed into a continual by a hot regimen and improper medicines.

Whatever the symptoms are, the patient ought to be kept cool, quiet, and clean. His apartment, if possible, should be large, and frequently ventilated by letting in fresh air at the doors or windows. It ought likewise to be sprinkled with vinegar, juice of lemon, or the like. His linen, bedclothes, &c., ought to be frequently changed, and all his excrements immediately removed. Though these things have been recommended before, we think it necessary to repeat them here, as they are of more importance to the sick than all the boasted powers of medicine.

MEDICINE.—In order to cure this fever, we must endeavor to bring it to a regular intermission. This intention may be promoted by bleeding if there be any signs of inflammation; but when that is not the case, bleeding ought by no means to be attempted, as it will weaken the patient and prolong the disease. A vomit however will seldom be improper, and is generally of great service. Twenty or thirty grains of ipecacuanha will answer this purpose very well; but, where it can be obtained, we would rather recommend one or two grains of tartar emetic, with five or six grains of ipecacuanha, to be made into a draught, and given for a vomit. This may be repeated once or twice at proper intervals, if the sickness or nausea continues.

The body ought to be kept open either by clysters or gentle laxatives, as weak infusions of senna and manna, small doses of the lenitive electuary, cream of tartar, tamarinds, stewed prunes, or the like; but all strong or drastic purgatives are to be carefully avoided.

By this course the fever in a few days may generally be brought to a pretty regular or distinct intermission, in which case the Peruvian bark may be administered, and it will seldom fail to perfect the cure. It is needless here to repeat the methods of giving the bark, as we have already had occasion frequently to mention them.

The most likely way to avoid this fever is to use a wholesome and nourishing diet, to pay the most scrupulous regard to cleanliness, to keep the body warm, and to take sufficient exercise. In countries where it is endemic, the best pre-

ventive medicine which we can recommend is the Peruvian bark, which may either be chewed or infused in brandy or wine, &c. Some recommend smoking tobacco as very beneficial in marshy countries, both for the prevention of this and intermitting fevers.

CHAPTER XXIII. OF THE SMALL-POX.

THIS disease is so general that very few escape it at one time of life or another. It is the most contagious malady in these parts, and has for many years proved the scourge of Europe.

The small-pox generally appear towards the spring. They are very frequent in summer, less so in autumn, and least of all in winter. Children are most liable to this disease; and those whose food is unwholesome, who want proper exercise, and abound with gross humors, run the greatest hazard from it.

The disease is distinguished into the distinct and confluent kind; the latter of which is always attended with danger. There are likewise other distinctions of the small-pox; as the crystalline, the bloody, &c.

CAUSES.—The small-pox are commonly caught by infection. Since the disease was first brought into Europe, the infection has never been wholly extinguished; nor have any proper methods, so far as we know, ever been taken for that purpose; so that now it has become in a manner constitutional. Children who have overheated themselves by running, wrestling, &c., or adults after a debauch, are very apt to be seized with the small-pox.

SYMPTOMS.—This disease is so generally known, that a minute description of it is unnecessary. Children commonly look a little dull, seem listless and drowsy, for a few days before the more violent symptoms of the small-pox appear. They are likewise more inclined to drink than usual, have little appetite for solid food, complain of weariness, and upon