

more obscure the remissions are the greater the danger, and each succeeding paroxysm is attended with more risk than the former one. On the contrary, the milder the attack, and the nearer the fever approaches to the intermittent form, the sooner will be the prospect of the patient's recovery.

As disorders of this kind are more to be dreaded in a camp than the approach of an enemy, it is the duty of superior officers very earnestly to concur with their medical attendants in enforcing the proper means of prevention. The spirit of our soldiers betrays them into a contempt of disease, as well as of danger; and they are too apt to forget, that no hardihood can of itself resist the warm, sickly moisture of autumn, and the damp air of the night to which they are often unavoidably exposed. Those brave, but thoughtless men, should, therefore, be obliged to pay more attention to the simple preservatives from fevers above pointed out. I have too high an opinion of the talents of many eminent physicians and surgeons now in the army, to think any farther remarks on this subject necessary. I am persuaded that a hint will be sufficient to call forth the fullest exercise of their skill, their humanity, and their zeal also, for the honour and security of their country, in saving their lives, and promoting the health and vigour of its gallant defenders.

CHAP. V.

CONTINUED FEVERS.

FEVERS of this type continue for several days, with nearly the same degree of violence, having evident exacerbations and remissions daily.

SYNOCHUS, OR SIMPLE CONTINUED FEVER.

A COMBINATION of synochal or inflammatory typhoid or putrid symptoms appear to constitute this species of fever; the former being apt to preponderate at the commencement, the latter towards the termination of the disease. It is contagious, and is of more frequent occurrence in this country.

REMOTE CAUSES.—Every thing having a tendency to enervate the body, may be considered as a remote cause of fever; and, accordingly, we often find it resulting from great bodily fatigue, too great indulgence in sensual pleasures, violent exertions, intemperance in drinking, errors in diet, &c.; and now and then from the suppression of long accustomed evacuations; with all the causes enumerated under the general observations on fevers. *See FEVERS.*

It is the opinion of many physicians, that there is something in the nature of all acute diseases, except those of a putrid kind,

which usually determines them to be of a certain duration; consequently, these terminations, when salutary, happen at certain periods of the disease, rather than others, unless disturbed in their progress by improper treatment, or the occurrence of accidental causes. These periods, from the time of Hippocrates to the present day, have been pretty generally admitted, under the name of *critical days*. The days in which it is supposed the termination of continued fevers principally happens, are the third, fifth, seventh, ninth, eleventh, fourteenth, seventeenth, and twentieth.

A simple continued fever terminates always by a regular crisis; and it is observable, with respect to diseases, the definite periods which take place in regular intermittents, as well those general as topical, in the course of true inflammation, which at the fourth, or furthest at the seventh day, is resolved, or after this period changes into abscess, scirrhus, or gangrene. In exanthematous eruptions, which, if they are favourable and regular, show themselves on a certain and definite day; for example, the small-pox about the fourth: in measles about the third and fourth.

SYMPTOMS.—An attack of simple continued fever is generally characterized by the patient's being seized with a considerable degree of languor or sense of debility, with sluggishness, an aversion to motion, frequent yawning and stretching; the face and extremities at the same time becoming pale, the skin over the whole body becoming constricted; a subsequent sensation of cold in the back, passing thence over the whole frame; and these continuing to increase, tremors in the limbs, and cold shiverings succeed. With these symptoms, there is loss of appetite, want of taste in the mouth, slight pains in the back, head, loins, and a small and frequent respiration. The sense of cold and its effects, after a little time become less violent, alternated with flushes; and, at length, going off altogether, they are succeeded by great heat, diffused generally over the whole body; the face appears flushed, the skin looks dry, as also the tongue; universal restlessness prevails, with violent pain of the head, oppression at the chest, sickness at the stomach, with inclination to vomit. There is likewise great thirst and costiveness; and the pulse is full and frequent, producing, perhaps, 90, 100, or 120 pulsations in a minute. When these symptoms run high, and there is considerable determination of blood to the head, delirium will ensue. There is, generally, in this fever, as in others of the continued kind, an increase of symptoms towards the evening.

UNFAVOURABLE SYMPTOMS.—If the disease is likely to prove fatal, either in consequence of its long continuance, or the severity of the symptoms, there will be observed a starting of the tendons (*subsultus tendinis*;) the patient picking the bed-clothes; involuntary discharges by urine and stool; coldness of the extremities, and hiccups: but where no such appearances occur, the fever will run its course, and ultimately cease.

FAVOURABLE SYMPTOMS.—The pulse becoming soft, moderate, and approaching its natural state: the tongue losing its furred ap-

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pearance, and becoming clean; thirst abating, the skin covered with a gentle and equable moisture, and feeling soft to the touch; the secretory organs performing their several functions, and the urine depositing flaky crystals of a dirty red colour, and becoming turbid on being allowed to stand.

MEDICAL TREATMENT.—In fever, all bodily motion should be avoided, especially that which calls any of the muscular powers into motion; the patient ought therefore to be confined to bed. The stomach and rest of the alimentary canal, in many cases of fever, being manifestly affected in a higher degree than any other part of the body, emetics and purgatives, which are early adopted. The treatment, in short, will be nearly the same in this as in synocha or inflammatory at the commencement; the utmost caution, however, must be employed in the use of those means which have a manifest tendency to reduce the tone of the system, especially blood-letting; so that sufficient strength may be left to combat the succeeding stage, which is invariably one of great debility, and in which the treatment will be that proper for typhus or putrid fever.

DIET.—In this fever, particularly at the commencement, the antiphlogistic regimen will be strictly necessary, as well as in some others of continued fevers. That kind of aliment which gives the least stimulus will be the most proper: it should consist of the most light, nutritive, and easiest digestible substances, *e. g.* preparations of barley, oatmeal, sago, vermicelli, tapioca, and the meal of Indian arrow, varying them now and then for panado, roasted apples, &c. Animal broths increase the heat of the body, and, consequently, are improper, unless the patient be in a state of convalescence. The drink may be barley-water, linseed-tea, toast and water, milk whey, thin gruel, lemonade, &c. carefully abstaining from the use of spirituous or fermented liquors.

CHAP. VI.

INFLAMMATORY, ACUTE, OR ARDENT FEVER (*synocha*.)

This fever is characterized with considerable increase of heat, a frequent, strong, and hard pulse, urine red, the animal functions but little disturbed, although at an advanced stage of it, the brain is apt to become much affected. It most commonly attacks the young, or persons about the prime and vigour of life, especially such as live high, abound in blood, and whose fibres are strong and elastic. It seizes people at all seasons of the year; but is most frequent in the spring and beginning of summer.

CAUSES.—Sudden transitions from heat to cold; any thing that overheats the body, or produces plethora, as violent exercise, sleeping in the sun, drinking strong liquors, eating spiceries, a full