

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

diet, with little exercise, application of cold to the body when warm, &c. It may likewise be occasioned by whatever obstructs the perspiration, as lying on the damp ground, drinking cold liquor when the body is hot, night-watching, repelled eruptions, suppressed evacuations, &c.

SYMPTOMS.—A rigour or chilliness generally ushers in this fever, which is soon succeeded by great heat, a frequent and full pulse, pain of the head, dry skin, redness of the eyes, a florid countenance, pains in the back, loins, &c. To these succeed difficulty of breathing, sickness, with an inclination to vomit. The patient complains of great thirst, has no appetite for solid food, is restless, and his tongue is of a scarlet colour at the sides, and furred with white in the centre.

UNFAVOURABLE SYMPTOMS.—Delirium, excessive restlessness, great oppression of the breast, with laborious respiration, starting of the tendons, hiccup, cold clammy sweats, and an involuntary discharge of urine, with those enumerated under this head in simple continued fevers, &c. This disease usually goes through its course in about fourteen days, and terminates critically, either by a diaphoresis (gentle degrees of perspiration,) diarrhœa, hemorrhage from the nose, or the deposit of a copious sediment in the urine; a crisis which is usually preceded by some variation in the pulse. In some instances, however, it terminates fatally. Our judgment, therefore, of the disease, must be *entirely regulated* by the violence of the attack, and the nature of the symptoms.

As this disease is always attended with danger, the best medical assistance ought to be procured as soon as possible. A physician may be of use at the beginning, but his skill is often of no avail afterwards.

DIET.—From the symptoms of this disease, it is evident, that the blood and other humours require to be attenuated; that the perspiration, urine, saliva, and all the other secretions, are in too small quantity; that the vessels are rigid, and the heat of the whole body too great: all these clearly point out the necessity of a regimen calculated to dilute the blood, correct the acrimony of the humours, allay the excessive heat, remove the spasmodic stricture of the vessels, and promote the secretions.

These important purposes may be greatly promoted by drinking plentifully of diluting liquors, as water-gruel, or oatmeal-tea; clear whey, barley-water, balm-tea, apple-tea, &c. These may be sharpened with juice of orange, jelly of currants, raspberries, and such like: orange-whey is likewise an excellent cooling drink. It is made by boiling among milk and water a bitter orange sliced, till the curd separates. If no orange can be had, a lemon, a little cream of tartar, or a few spoonsful of vinegar will have the same effect. Two or three spoonsful of white wine may occasionally be added to the liquor when boiling.

If the patient be costive, an ounce of tamarinds, with two ounces of stoned raisins of the sun, and a couple of figs, may be boiled in three English pints of water to a quart. This makes a very pleasant drink, and may be used at discretion. The common pectoral

decoction is likewise a very proper drink in this disease. A tea-cupful of it may be taken every two hours, or oftener, if the patient's heat and thirst be very great.*

The above liquids must all be drank a little warm. They may be used in smaller quantities at the beginning of a fever, but more freely afterwards, in order to assist in carrying off the disease by promoting the different excretions. We have mentioned a variety of drinks, that the patient may have it in his power to choose those which are most agreeable, and that when tired of one, he may have recourse to another.

The patient's diet must be very spare and light. All sorts of flesh meats, and even chicken-broths, are to be avoided. He may be allowed groat-gruel, panado, or light bread boiled in water; to which may be added a few grains of common salt, and a little sugar, which will render it more palatable. He may eat roasted apples, with a little sugar, toasted bread with jelly of currants, boiled prunes, &c.

It will greatly relieve the patient, especially in a hot season, to have fresh air frequently let into his chamber. This, however, must always be done in such a manner as not to endanger his catching cold.

It is too common in fevers to load the patient with bed-clothes under the pretence of making him sweat, or defending him from the cold. This custom has many ill-effects. It increases the heat of the body, fatigues the patient, and retards, instead of promoting, the perspiration.

Sitting upright in bed, if the patient be able to bear it, will often have a good effect. It relieves the head, by retarding the motion of the blood to the brain. But this posture ought never to be continued too long: and if the patient be inclined to sweat, it will be more safe to let him lie, only raising his head a little with pillows.

Sprinkling the chamber with vinegar, juice of lemon, or vinegar and rose-water, with a little nitre dissolved in it, will greatly refresh the patient. This ought to be done frequently, especially if the weather be hot.

The patient's mouth should be often washed with a mixture of water and honey, to which a little vinegar may be added, or with a decoction of figs in barley-water. His feet and hands ought likewise frequently to be bathed in lukewarm water; especially if the head be affected.

The patient should be kept as quiet and easy as possible. Company, noise, and every thing that disturbs the mind, is hurtful. Even too much light, or any thing that affects the senses, ought to be avoided. His attendants should be as few as possible, and they ought not to be too often changed. His inclinations ought rather to be soothed than contradicted; even the promise of what he craves will often satisfy him as much as its reality.

MEDICAL TREATMENT.—In this and all other fevers, attended with a hard, full, quick pulse, bleeding is of the greatest import-

* See Appendix, *Pectoral Decoction*.

ance. This operation ought always to be performed as soon as the symptoms of an inflammatory fever appear; and one large bleeding at this period of the disease will have a much better effect than repeated small ones afterwards. The quantity of blood to be taken away from a large orifice, however, must be in proportion to the strength of the patient and the violence of the disease. If the patient be young and plethoric, twelve to twenty ounces of blood may be drawn off at once from a large orifice. If after the first bleeding the fever should increase, and the pulse become more frequent and hard, there will be a necessity for repeating it a second, and perhaps a third, or even a fourth time, which may be done at the distance of twelve, eighteen, or twenty-four hours from each other, as the symptoms require. If the pulse continue soft, and the patient be tolerably easy after the first bleeding, it ought not to be repeated.

If nausea prevail at the commencement of the disease, the stomach may be relieved by making the patient drink one or two cupful of the infusion of camomile flowers; but should these simple means not be attended with the desired effect, he may take a table spoonful of an emetic solution, every quarter of an hour, until sufficiently eased.

If the heat and fever be very great, forty or fifty drops of the dulcified or sweet spirit of nitre may be made into a draught, with an ounce of rose-water, two ounces of common water, and half an ounce of simple syrup, or a bit of loaf-sugar. This draught may be given to the patient every three or four hours while the fever is violent; afterwards once in five or six hours will be sufficient, using some diluent drink.

If the body be bound, a clyster of milk and water, with a little salt, and a spoonful of sweet oil or fresh butter in it, ought daily to be administered. Should this not have the desired effect, a teaspoonful of magnesia alba, or cream of tartar, may be frequently put into his drink, or some gentle aperient may be given.* He may likewise eat tamarinds, boiled prunes, roasted apples, and the like.

If there be pain in the head with delirium, oppressed breathing, or determination to any organ, leeches should be applied to the temples, or other parts, blisters, fomentations, &c. and the treatment laid down for the particular organ affected should be adopted.

If about the tenth, eleventh, or twelfth day, the pulse becomes more soft, the tongue moister, and the urine begins to let fall a reddish sediment, there is reason to expect a favourable issue to the disease. But if, instead of these symptoms, the patient's spirits grow languid, his pulse sinks, and his breathing becomes diffi-

* Take Pulp of Tamarinds,	$\frac{1}{2}$ ounce.	or	
Cream of Tartar,	2 drachms.	Take Sulphate of Soda,	6 drachms.
Boiling Water,	5 ounces.	Infusion of Senna,	$1\frac{1}{2}$ ounce.
Strain off the liquor and add,		Syrup of Oranges,	1 drachm.
Cinnamon Water,	1 ounce.	Make a purging draught.	
Tartarised Antimony,	1 grain.	or	
Four table spoonful to be taken for a		Take powdered Rhubarb,	25 grains.
dose, to be repeated in three hours,		Cream of Tartar,	1 drachm.
should no motions in that time have		Make a powder, to be taken out of some	

cult, with a stupor, trembling of the nerves, starting of the tendons, &c. there is reason to fear that the consequences will be fatal. In this case blistering-plasters must be applied to the head, ancles, inside of the legs or thighs, as there may be occasion; poultices of wheat-bread, mustard, and vinegar, may likewise be applied to the soles of the feet, and the patient must be supported with cordials, as strong wine-whey, negus, sago-gruel, with wine in it, and such like, especially camphor and æther.*

A proper regimen is not only necessary during the fever, but likewise after the patient begins to recover. By neglecting this, many relapse, or fall into other diseases, and continue valetudinary for life. Though the body be weak after a fever, yet the diet for some time ought to be rather light than of too nourishing a nature. Too much food, drink, exercise, company, &c. are carefully to be avoided. The mind ought likewise to be kept easy, and the patient should not attempt to pursue study, or any business that requires intense thinking.

If the digestion be bad, or the patient be seized at times with feverish heats, an infusion of Peruvian bark in cold water will be of use. It will strengthen the stomach, and help to subdue the remains of the fever.

When the patient's strength is pretty well recovered, he ought to take some gentle laxative. An ounce of tamarinds and a dram of senna may be boiled for a few minutes in an English pint of water, and an ounce of manna dissolved in the decoction; afterwards it may be strained, and a tea-cupful drank every hour till it operates. This dose may be repeated twice or thrice, five or six days intervening.

Those who follow laborious employments ought not to return too soon to their labour after a fever, but should keep easy till their strength and spirits are sufficiently recruited.

It requires very little argument to prove, that the body, as well as the mind, must require indulgence after the severity of such a disease. But I find it more difficult to prevent people from carrying this indulgence to excess in what relates to eating and drinking. The appetite is usually voracious upon recovering from most fevers, and to say, that its cravings are not to be satisfied, is certainly an unpalatable doctrine. Yet self-command is necessary in such cases, as there will be great danger, not only of a relapse, but of other disagreeable consequences, such as biles, ulcers, and settled swellings in particular limbs. These may be obviated by a light and principally vegetable diet, not however totally excluding animal food of easy digestion.

Sudorifics do not appear to be advisable in this fever, from their aptitude to bring on profuse perspiration; and it is not possible to keep the body warm without producing a considerable increase of heat. Epsom, or any of the other neutral salts, may be given in some simple form, every two or three hours, joined with small

* Take camphor mixture, 6 ounces. each, 2½ drachms.
Spirits of compound æther. Mix, and give the patient two table spoons-
Aromatic spirits of ammonia, of ful every hour.

nauseating doses of tartarized antimony, * or the like, or so as to act on the bowels as occasion may require. A bath for the feet, at night, may assist the effect.

In this fever, as in most others, sleep is much interrupted and from a want of it delirium often ensues. Opium here would be an uncertain remedy, for should it fail to procure rest, the delirium would be considerably increased by it. It should, therefore, only be given in cases of imminent danger, and even then in small doses, frequently repeated, paying strict attention to the state it produces.

Throughout the whole disease the patient must be strictly enjoined to pay the greatest attention to the diet here laid down, and to abstain from solid food, and animal broths of any kind.

Fresh air, exercise of a gentle kind, on horseback or in a carriage, agreeable society, and a moderate use of wine, will greatly contribute to the recovery of convalescents. Should the digestive organs prove weak, which will be indicated by the appetite not readily returning, stomachic bitters, as advised under the head of indigestion, may be taken with advantage, &c.

CHAP. VII.

SLOW OR NERVOUS FEVER. (*Typhus Mitior.*)

NERVOUS fevers have increased greatly of late years in this island, owing doubtless to our different manner of living, and the increase of sedentary employments; as they commonly attack persons of a weak relaxed habit, who neglect exercise, eat little solid food, study hard, or indulge in spirituous liquors.

CAUSES.—Nervous fevers may be occasioned by whatever depresses the spirits, or impoverishes the blood; as grief, fear, anxiety, want of sleep, intense thought, living on poor watery diet, as unripe fruits, cucumbers, melons, mushrooms, &c. They may likewise be occasioned by damp, confined, or unwholesome air. Hence they are very common in rainy seasons, and prove most fatal to those who live in low dirty houses, crowded streets, hospitals, jails, manufacturing or large towns, or such like places.

It principally attacks those of weak lax fibres, and persons whose constitutions have been broken by excessive venery, frequent salivations, too free an use of purgative medicines, or any other excessive evacuations, are most liable to this disease.

Keeping on wet clothes, lying on the damp ground, excessive fatigue, and whatever obstructs the perspiration, or causes a spasmodic stricture of the solids, may likewise occasion nervous fevers. We shall only add, frequent and great irregularities in diet. Too great abstinence, as well as excess, is hurtful. Nothing tends so

* Take Epsom Salts,	6 drachms.	Syrup of Oranges,	1 drachm.
Infusion of Senna,	6 ounces.	Mix, and make a purgative draught, as	
Antimony Wine,	20 drops.	occasion may require.	