

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.	

much to preserve the body in a sound state as a regular diet; nor can any thing contribute more to occasion fevers of the worst kind than its opposite.

The most general cause of this fever is contagion,* communicated through the medium of an impure or heated atmosphere, by concentrated effluvia arising from the body of a person labouring under this specific disease; but whatever debilitates the system or oppresses the mind may induce a state of pre-disposition more readily to be influenced by its operations; and although in the origin and progress of typhus and such like fevers, it is undeniable that contagion is the most powerful agent in propagating the disease, still many of these fevers, though not contagious at their origin, become so in their progress and decline, and, in some instances, generate others of a much worse description than the original one; and this, in all probability, is the way in which epidemics appear and spread.

In warm climates typhus sometimes occurs, and continued fevers of most kinds are apt to degenerate into fever of a typhus type. It is, however, most prevalent in temperate and cold climates. In Great Britain typhus is favoured by a low temperature, being most prevalent in the cold months of winter, generally abating or disappearing as the summer-heat advances, and often prevailing, in a considerable degree, in cool wet autumns.

SYMPTOMS.—Typhus *Mitior* generally sets in with remarkable mildness in its symptoms; and although the patient experiences some trifling indisposition for several days, still he has no reason to suspect the approach of any severe disease. There is dejection of spirits; want of appetite, weakness, weariness after motion, watchfulness, deep sighing, and dejection of mind, are generally the forerunners of this disease. These are succeeded by a quick low pulse, a dry tongue without any considerable thirst, chilliness and flushings in turns, &c.

After some time the patient complains of a giddiness and pain of the head, has a nausea, with retchings and vomiting; the pulse is quick, and sometimes intermitting; the urine pale, resembling dead small-beer, and the breathing is difficult, with oppression of the breast, and slight alienation of the mind.

If, towards the ninth, tenth, or twelfth day, the tongue becomes more moist, with a plentiful spitting, a gentle purging, or a moisture upon the skin; or if a suppuration happen in one or both ears, or large pustules break out about the lips and nose, there is reason to hope for a favourable crisis.

But if there be an excessive looseness or wasting sweats, with frequent fainting fits; if the tongue when put out trembles ex-

* Dr. Haygarth, who devoted considerable attention to the consideration of the contagious nature of typhus fever, and the manner in which it is propagated, has deduced therefrom a variety of important facts, of very great importance for the prevention of misery, and the preservation of human life; whence he concludes, that typhus may be easily and certainly prevented by *ventilation*; (in large, airy, and clean rooms,) or by *separation* (into air hospitals, or into an adjoining room of the same house, where practicable); or especially by cleanliness, which entirely destroys the poison, wherever it can be completely accomplished. (See Dr. Haygarth's letter to Dr. Percival, pp. 72. 89.)

cessively, and the extremities feel cold, with a fluttering or slow creeping pulse; if there be a starting of the tendons, and almost total loss of sight and hearing, and an involuntary discharge of stool and urine, there is great reason to fear that death is approaching.

DIET.—It is very necessary, in this disease, to keep the patient cool and quiet. The least motion would fatigue him, and will be apt to occasion weariness, and even faintings. His mind ought not only to be kept easy, but soothed and comforted with the hopes of a speedy recovery. Nothing is more hurtful in low fevers of this kind than presenting to the patient's imagination gloomy or frightful ideas. These of themselves but often occasion nervous fevers, and it is not to be doubted but they will likewise aggravate them.

The patient must not be kept too low. His strength and spirits ought to be supported by nourishing diet and generous cordials. For this purpose his gruel, panado, or whatever food he takes, must be mixed with wine according as the symptoms may require. Pretty strong wine-whey, or negus sharpened with the juice of orange or lemon, will be proper for his ordinary drink. Mustard-whey is likewise a very proper drink in this fever, and may be rendered an excellent cordial medicine by the addition of a proper quantity of white-wine.*

Wine in this disease, if it could be obtained genuine, is almost the only medicine that would be necessary. Good wine possesses all the virtues of the cordial medicines, while it is free from any of their bad qualities; I say good wine; for however common this article of luxury is now become, it is rarely to be obtained genuine, especially by the poor, who are obliged to purchase it in small quantities.

I have often seen patients in low nervous fevers where the pulse could hardly be felt, with a constant delirium, coldness of the extremities, and almost every other mortal symptom, recover by using, in whey, gruel, and negus, a bottle or two of strong wine every. Good old sound claret is the best, and may be made into or given by itself, as circumstances require.†

word, the great aim in this disease is to support the patient's strength, by giving him frequently small quantities of the above, or other drinks of a warm and cordial nature. He is not, however, to be overheated either with liquor or clothes; and his food ought to be light, and given in small quantities.

MEDICAL TREATMENT.—Where a nausea, load, and sickness at stomach, prevail at the beginning of the fever, it will be necessary

* See Appendix, *Mustard Whey*.

† Where wine cannot be procured, equally beneficial effects have been produced by drinking sound porter or ale with a lemon or orange sliced into it, and rendered agreeable to the palate of the patient by the addition of moist sugar. This beverage may be drunk at pleasure, will be found to support strength as effectually as wine, and is in general much relished by the sick; with the addition of one dram of muriatic acid to each quart of the liquor, it forms a remedy to which the cure of most of the low fevers of this country may with safety be confided. Ed.

to give the patient a gentle vomit.* This may be repeated any time before the third or fourth day, if the above symptoms continue. Emetics not only clean the stomach, but, by the general shock which they give, promote the perspiration, and have many other excellent effects in slow fevers, where there are no signs of inflammation, and nature wants rousing.

Such as dare not venture upon an emetic, may clear the bowels by a small dose of Turkey rhubarb, or an infusion of senna and manna, or sublimate of mercury.†

In all fevers, the great point is to regulate the symptoms, so as to prevent them from going to either extreme. Thus, in fevers of the inflammatory kind, where the force of the circulation is too great, or the blood dense, and the fibres too rigid, bleeding and other evacuations are necessary. But in nervous fevers, where nature flags, where the blood is vapid and poor, and the solids relaxed, the lancet must be spared, and wine, with other cordials, plentifully administered.

It is the more necessary to caution people against bleeding in this disease, as there is generally, at the beginning, an universal stricture upon the vessels, and sometimes an oppression and difficulty of breathing, which suggest the idea of a plethora, or too great a quantity of blood. I have known even some of the faculty deceived by their own feelings in this respect, so far as to insist upon being bled, when it was evident, from the consequences, that the operation was improper.

Though venesection is generally improper in this disease, yet topical bleeding from the temples, at the commencement, to relieve cerebral congestion, will be advisable, in persons of delicate constitutions; although in full plethoric habits it may be more proper to draw off six or eight ounces of blood from the arm, or jugular vein, on the first day of the attack. Cold affusions is one of the most powerful and efficacious means that can be resorted to in typhus fever; but its effects will be more salutary in proportion as it is adopted early, or during the first stage of the disease. The affusion may be repeated four or five times in the course of the twenty-four hours, using spring water impregnated with common salt, when sea water is not at hand. At the same time the patient's feet may be placed in a warm bath. This operation being over, the feet dried, and the patient put to bed, some tepid bland fluid may be given to promote perspiration. In the more advanced stage a tepid affusion may be substituted for the cold, to which a small portion of ardent spirit may be added to the water, with the view of increasing the evaporative process. Vinegar is usually substituted, although the former is preferable. Blistering is also highly necessary. Blistering plasters may be applied, at all times of the fever, with great advantage. If the patient be delirious, he ought to be blistered on the neck or head, and it will be the safest course, when the insensibility continues, as soon as

* See SIMPLE CONTINUED FEVER.

† Take Powdered Jalap,	10 grains.	mass, which divide into three pills for a dose.
Sublimate of Mercury,	3 grains.	

Syrup of Buckthorn, enough to make the

the discharge occasioned by one blistering-plaster abates, to apply another to some other part of the body, and by that means keep up a continual succession of them till he be out of danger.

I have been more sensible of the advantage of blistering in this, than in any other disease. Blistering-plasters not only stimulate the solids to action, but likewise occasion a continual discharge, which may in some measure supply the want of critical evacuations, which seldom happen in this kind of fever. They are most proper, however, either towards the beginning, or after some degree of stupor has come on, in which last case it will always be proper to blister the head.

If the patient be costive through the course of the disease, it will be necessary to procure a stool, by giving him every other day a clyster of milk and water, with a little sugar, to which may be added a spoonful of common salt, if the above does not operate.

Should a violent looseness come on, it may be checked by having recourse to astringents;* but, in the progress of the disease, if a gentle diarrhœa occur, and seem likely to prove critical, it should by no means be checked.

A miliary eruption sometimes breaks out about the ninth or tenth day. As eruptions are often critical, great care should be taken not to retard Nature's operation in this particular. The eruption ought neither to be checked by bleeding nor other evacuations, nor pushed out by a hot regimen; but the patient should be supported by gentle cordials, as wine-whey, small negus, sago-gruel with a little wine in it, and such like. He ought not to be kept too warm, yet a kindly-breathing sweat should by no means be checked.

Though blistering and the use of cordial liquors are the chief things to be depended on in this kind of fever; yet for those who may choose to use them, we shall mention one or two of the forms of medicine which are commonly prescribed in it.

In desperate cases, where the hiccup and starting of the tendons have already come on, we have sometimes seen extraordinary effects from large doses of musk, ether, camphor, ammonia, opium, frequently repeated. Musk is doubtless an antispasmodic, and may be given to the quantity of a scruple three or four times a-day, or oftener if necessary. Sometimes it may be proper to add to the musk a few grains of camphor, and salt of hartshorn, as these tend to promote perspiration and the discharge of urine. Thus, fifteen grains of musk, with three grains of camphor, and six grains

* Take Chalk Mixture,	2 ounces.	Syrup of Saffron, enough to make the	
Tincture of Catechu,	2 drms.	mass into a bolus, to be taken every	
Tincture of Opium,	30 drops.	four or five hours.	
Cinnamon Water.		or	
Make a mixture, of which give two table		Take powdered Valerian,	1 sple.
spoonsful every six hours.		Saffron.	
Take Virginian Snake-root.		Russian Castor, of each,	4 grains.
Contrayerva, of each	10 grains.	Make a powder, to be taken every three	
Russian Castor,	5 grains	or four hours, in a cup of wine-whey.	

of salt of hartshorn, may be made into a bolus with a little syrup, and given as above; or in any of the subjoined forms.*

If the fever should happen to intermit, which it frequently does towards the decline, or if the patient's strength should be wasted with colliquative sweats, &c. it will be necessary to give him the Peruvian bark. Half a drachm, or a whole drachm, if the stomach will bear it, of the bark in fine powder, may be given four or five times a-day in a glass of red port or claret. Should the bark in substance not sit easy on the stomach, an ounce of it in powder may be infused in a bottle of Lisbon or Rhenish wine for two or three days, afterwards it may be strained, and a glass of it taken frequently.

The bark may likewise be very properly administered, along with other cordials, in the following manner—Take an ounce of Peruvian bark, orange-peel half an ounce, Virginian Snake-root two drachms, saffron one drachm. Let all of them be powdered, and infused in an English pint of the best brandy for three or four days. Afterwards the liquor may be strained, and two tea-spoonfuls of it given three or four times a-day in a glass of small wine or negus. I now generally administer Huxham's tincture.

Some give the bark in this and other fevers, where there are no symptoms of inflammation, without any regard to the remission or intermission of the fever. How far future observations may tend to establish this practice, we will not pretend to say; but we have reason to believe, that the bark is a very universal febrifuge, and that it may be administered with advantage in most fevers, where bleeding is not necessary, or where there are no symptoms of topical inflammation.

There is no fever that requires to be watched with more care and attention than this. If the actions of the system are not kept up by stimulating applications, and the patient's strength supported by cordial medicines and nourishing diet, he will sink under the disease; and it frequently happens, that, when the attendants think him better, he is actually dying.

Mulled port wine, or pure port wine, or diluted brandy, should be frequently administered; profuse perspirations may be restrained by the use of some of the vegetable acids.† Should the extremities become cold, direct senapisms ‡ to the feet, blisters to the inside of the ancles, and give camphor and ether.

I wish to inspire not only patients in this fever, but their physicians also, with unceasing, unabated hope till the very last extrem-

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| * Take musk mixture, | 6 oz. | Diluted Sulphuric Acid, | $\frac{1}{2}$ drm. |
| Compound Tincture of Cardamoms, | 1 oz. | Three table spoonfuls to be taken often. | |
| Make a mixture, of which let two table | | or | |
| spoonful be taken every two hours. | | Take of infusion of Roses. | |
| or | | Port Wine, of each equal parts; mix for | |
| Take Musk mixture, | 7 oz. | the ordinary drink. | |
| Compound Spirit of Ether, 2 drs. | | † Take strongest Camphor mixture, | |
| Syrup of Roses, | 3 drs. | | 7 oz. |
| Of which, make a mixture, and let the pa- | | Spirit of Compound Ether, 2 drs. | |
| tient take a table spoonful often. | | Make a mixture—two table spoonful eve- | |
| † Take of the strongest Camphor Mixture, | 7 oz. | ry two hours. | |

ity. The changes for the better are often as sudden, and unforeseen, as those for the worse. The last gasp alone should induce us to give over the patient. I have left a patient twenty times and more, little expecting to see him alive next day. Yet I did not lose courage, but ordered a bottle, or perhaps two, of generous wine to be given in the course of twenty-four hours; and that patient, to my great satisfaction, recovered, and enjoyed health for many years after.

CHAP. VIII.

MALIGNANT AND PUTRID, OR SPOTTED FEVER, (*Typhus gravior.*)

This fever, which takes its name from the malignancy of its nature, and the symptoms of putrefaction observed towards its close, may be called the *pestilential fever* of Europe, as in many of its symptoms it bears a great resemblance to that dreadful disease the plague. Persons of a lax habit, a melancholy disposition, and those whose vigour has been wasted by long fasting, watching, hard labour, excessive venery, frequent salivations, &c. are most liable to it.

CAUSES.—This fever is occasioned by foul air, from a number of people being confined in a narrow place, not properly ventilated; from putrid animal and vegetable effluvia, &c. Hence it prevails in camps, jails, hospitals, and infirmaries, especially where such places are too much crowded, and cleanliness is neglected.

A close constitution of the air, with long rainy or foggy weather, likewise occasions putrid fevers. They often succeed great inundations in low and marshy countries, especially when these are preceded or followed by a hot and sultry season.

Living too much upon animal food, without a proper mixture of vegetables, or eating fish or flesh that has been kept too long, are likewise apt to occasion this kind of fever. Hence sailors on long voyages, and the inhabitants of besieged cities, are very often visited with putrid fevers.

Corn that has been greatly damaged by rainy seasons, or long keeping, and water which has become putrid by stagnation, &c. may likewise occasion this fever.

Dead carcases tainting the air, especially in hot seasons, are very apt to occasion putrid diseases. Hence this kind of fever often prevails in countries which are the scenes of war and bloodshed. This shows the propriety of removing burying-grounds, slaughter-houses, &c. to a proper distance from great towns.

Want of cleanliness is a very general cause of putrid fevers. Hence they prevail amongst the poor inhabitants of large towns, who breathe a confined unwholesome air, and neglect cleanliness.