

32. Nitric acid—Nitri acidum.
33. Nux vom.—Nux vomica.
34. Opium.
35. Phosphorus.
36. Pulsatilla—Pasque Flower.
37. Platina.
38. Rhus tox.—Rhus toxicodendron—Poison Oak.
39. Rheum—Rhubarb.
40. Sabina—Savine.
41. Secale cor.—Secale cornutum—Ergot of Rye.
42. Silicea—Silex.
43. Spongia—Burnt Sponge.
44. Stannum—Tin.
45. Stramonium—Thorn Apple.
46. Sulphur.
47. Tartar emetic—Tartarus emeticus—Stibium.
48. Veratrum—Veratrum album—White Hellebore.

TINCTURES FOR EXTERNAL AND INTERNAL USE.

1. Arnica—Arnica montana—Leopard's Bane.
2. Calendula—Calendula officinalis—Marigold.
3. Urtica urens.
4. Camphor or Camphora in tincture or globules.

The reader will please bear in mind that the above list of abbreviations and variations of the names of the remedies, contains simply those which are in this book, and not all that are sometimes used in putting up domestic cases. For instance, *Aconite*, *Acon.*, *Aconitum nap.*, *Aconitum napellus*, all denote the same remedy, and so in other cases. If the first three or four letters are right on your label, and there is no second name on the label, you have the right remedy. If there is a second name, the first two or three letters should correspond with those of the remedy named in the book, if in the book there is any second name; but if there is no second name to the remedy in the book, you have the right remedy, for when there are two remedies with the same first name, the first three letters of the second name are always given.

DOMESTIC HOMŒOPATHIC PRACTICE.

CHAPTER I.

FEVERS.

No class of diseases has attracted more attention, or has been the subject of more speculation, than febrile diseases. As this is a practical work, I do not intend to spend either much time or space in considering such speculations; but a few remarks on some of the theories which have prevailed seem necessary, to counteract certain pernicious methods of treatment which are prevalent, having such theories for their foundation. Among the most pernicious of the various theories which have prevailed will be found the one which ascribes fevers to the fluids of the body, especially to the bile, the phlegm, and blood—to a superabundance of these fluids, or to their depraved state.

The "black bile" was a bug-bear with Hippocrates, the father of allopathy, and his descendants have been bilious ever since; and if we can judge from the common expression so frequently sounding in our ears, "I am bilious," they have not labored in vain in their efforts to convince the community that an excess of bile is the cause of a large share of their ills, especially fevers. "You are bilious," says the doctor, by which the patient understands that his stomach is filled with bile; and what is more simple, or apparently natural, than to cure this state of things by an emetic or cathartic. If an emetic is given, the first effort of vomiting may

not reach the bile, simply because the stomach contains none; but by the efforts of vomiting, and the irritation caused by the emetic, the inverted action which has been established in the stomach extends to the upper portion of the intestines, below the entrance of the gall duct, and the bile, which should flow down through the bowels to aid in the process of digestion, passes up into the stomach, and is thrown up; and the more the patient vomits the more bile he discharges, until he is astonished to think he was not sick before, from being so bilious. So the poor patient is humbugged into the belief that he is bilious, through his own senses; the doctor makes a convert to his sagacity and method of practice, but he fails to show his poor deluded victim how the throwing off of the small quantity of bile which is secreted for an hour or two during the operation of the emetic, is to furnish any permanent relief, or prevent its continued secretion; but as, after the action of the emetic is over, the bile pursues its usual course, and does not trouble the patient more than heretofore, he is satisfied with the wonderful skill of his doctor. Even if there is an excess of bile secreted, the fault is with the liver, and remedies should be given to correct its deranged action; simply evacuating the stomach and bowels by emetics and cathartics amounts to little, except to do injury. Although priding themselves in a "combined experience of three thousand years," only a few of the most intelligent physicians of the dominant school are beginning to make the discovery that blood-letting exercises little or no control over febrile or inflammatory diseases, except for injury—often exhausting the vital energies, and destroying the power of resistance which is so much needed at the critical stage of the disease.

Hoffman and Cullen introduced the nervous theories of fever. Hoffman taught that the chill is caused by a spasm of the capillary, or most minute blood-vessels, and that the heat and excitement which follow are but the reaction of the system to overcome this spasm. But there would seem to be much greater evidence of a collapse of the minute blood-vessels than of spasm. The nervous theories, in a great measure, overthrew the theories founded upon the blood and secretions, but, as we have seen, did

not destroy the methods of practice founded upon them, for the latter continue to this day. Having said this much in regard to the theories of the past, I shall allow all theories to rest in the grave with their authors, for they are of no practical value. The homœopathist has a practical law to guide him in the selection of his remedies, and so strong is my confidence in the superiority of the system for the treatment of all febrile diseases, that I would rather trust an intelligent layman, with simply a good domestic work and case of medicines to treat me, than to risk the treatment of the best allopathic physician in the world, in any febrile disease.

We have what physicians call idiopathic fevers; by which are meant diseases which are essentially and primarily febrile diseases, and do not depend upon local disease. Among the fevers of this class we have ephemeral fevers, typhus and typhoid fevers, intermittent, remittent, and yellow fevers. During the course of such diseases, local congestions, and even inflammation, may supervene; but these local affections are secondary—rather the consequence of the fever than the cause of it. We have also symptomatic fevers, or fevers which are caused by local inflammation or local disease. Such fevers sometimes assume a typhoid or an intermittent form during their course, or become complicated with the latter affections, especially when they occur in localities where, or during seasons when, typhoid or intermittent fevers are prevailing. Then we have eruptive fevers.

EPHEMERAL FEVER.

This consists of a single paroxysm of fever, commencing generally with chills, pains in the head, back, and limbs, followed by fever, attended by the latter symptoms, and terminating, in the course of twenty-four or forty-eight hours, in a profuse perspiration, or some other critical discharge, such as a profuse flow of urine, or a diarrhœa. This is a very common disease, especially during the prevalence of other febrile and eruptive diseases. It is not improbable but that the causes which produce such fevers, acting on constitutions partially protected against them,

or which are not very susceptible, may produce simply this ephemeral fever; as it is more common, as has just been noticed, during the prevalence of other febrile affections. It is not always easy to distinguish this disease from the commencement of other febrile diseases, except by its duration, and this is of no great moment, as we always select our remedy by the symptoms which exist, and not by the name of the disease. It may also be caused by exposure, sudden changes of temperature, errors of diet, mental emotions, &c.

Treatment.—*Aconite*, if the skin is hot and dry, the pulse full and hard, and the face flushed, is the proper remedy. It may be given in solution every hour until perspiration ensues.

Dose, see page 7.

Bryonia: If typhoid or typhus fever is prevailing, or if the pains in the head are dull, and the hands and feet disposed to be cool, *Bryonia* may be given instead of *Aconite*, or it may follow the latter remedy at the end of twelve hours, and be repeated once in four hours.

Belladonna may be selected instead of *Bryonia*, and given once in two hours, if the pains in the head are sharp and cutting, the eyes red, with sensitiveness to light and noise; and if there is delirium.

A warm bath, when it is convenient, or simply bathing the feet in warm water, if great care is used against exposure afterward, will be useful. A glass of cold water, or even of hot water, milk, and sugar, and covering up warm in bed, will often afford considerable relief, by aiding the *Aconite* in promoting perspiration.

TYPHUS FEVER.

Very little is known in regard to the cause of this disease. It occurs most frequently in situations where persons are crowded together, especially when there is added to this, unwholesome food and vitiated and confined air, as aboard ships, in crowded hospitals, prisons, camps, and large cities. But this disease not unfrequently occurs in country places, and even in mountainous regions, and also among those who are well housed and fed, and

who pay the utmost regard to cleanliness. It is supposed to be, to a limited extent, contagious, and it often depends upon an epidemic influence. This disease prevails more frequently during the autumn and winter, but it may occur during any season of the year.

Symptoms.—Often loss of appetite, weariness, sleepiness, and dull headache, precede the attack. Sometimes the disease begins abruptly by a chill, followed by symptoms of fever. There is dull pain in the head, and perhaps in the back and limbs—the mental faculties soon become torpid and dull—the pulse, if at first full, soon becomes feeble and frequent, often beating from 100 to 110, 120, or even, in the course of the disease, as frequently as 140 or 150 in a minute. The extremities soon become cool, and even cold, but the body and head hot, the face flushed, and of a purple tint. The tongue at first may be coated white, but it soon becomes brown and dry. The urine is small in quantity and reddish. The bowels are generally costive. These symptoms continue, with a gradual increase, until about the end of six or seven days from the commencement of the chills and fever, when other symptoms are superadded. The tongue becomes encrusted with a brown or black coating, and is generally dry. There oozes from the gums and mucous membrane of the mouth dark bloody mucus, which dries and accumulates on the teeth, lips, gums, and even on the soft palate, in some cases. Such crusts are called *sordes*. The pulse becomes frequent and feeble, the body hot and dry, the extremities cold, a peculiar offensive odor often exhales from the body, and there is twitching of the tendons, or cords, in the extremities. The patient slides down in bed involuntarily, becomes very feeble, lies on his back, picks at the bedclothes, or at imaginary objects; muttering delirium ensues, or even stupor or coma, more or less profound. Occasionally the lungs become congested, and there is oppression in breathing and cough. Sometimes there are involuntary evacuations from the bowels, retention of urine, hemorrhage from the bowels, or from the nostrils, effusion of blood beneath the skin, causing dark spots like bruises. There is frequently an eruption on the neck and body, and sometimes on the limbs, varying in size from a pin's head to the

fourth of an inch in diameter, varying in color from red to purple, violet, or even black. A fine rash, of transparent vesicles, from the size of a mustard-seed to that of a pin's head, frequently makes its appearance at this stage of the disease. There is almost always more or less deafness. There is often a very great tendency to excoriation, ulceration, and mortification of the parts of the back and hips, on which the patient lies, caused by pressure, when the utmost care is not used to prevent it. The average duration of this fever is about fourteen days, but it may abate by the seventh or ninth, or continue until the twenty-first day.

Favorable Symptoms.—The tongue gradually begins to clean at the tip and edges, the pulse becomes less frequent and fuller, the skin over the body becomes cooler and less dry, the extremities warmer, a gentle uniform perspiration may ensue, the delirium, stupor, and deafness, subside, the patient takes more interest in the things around him, and begins to feel some appetite, and steadily recovers.

Unfavorable Symptoms.—A very frequent or an irregular pulse, or slow and scarcely perceptible pulse. The extremities become cold and clammy, or the whole surface becomes covered with a cold clammy sweat. The countenance assumes a death-like aspect, and the patient gradually sinks and dies. Sometimes death is preceded by convulsions, and often by profound coma or insensibility.

Treatment.—To prevent this disease, pure air and cleanliness are very essential; all decaying vegetables should be carefully removed from the cellar; stagnant water should be drained from the cellar, and from beneath the house; the sink should be kept clean, dish washings and vegetable substances should not be thrown about the doors, and in gutters, to decompose and vitiate the air. If the disease is prevailing, and individuals have been exposed to patients sick with it, or to the same causes which have produced it in those already suffering, *Rhus tox.* and *Bryonia* may be taken alternately, forty-eight hours apart, as preventives.

Dose, see page 7.

Bryonia: During the first stage of the disease, before the stage of prostration or collapse arrives, *Bryonia* is generally the

most important remedy, especially when there is dull pain in the head, with mental and physical torpor, great heat over the body and temples, with cold extremities, coated tongue, light colored or brown, and dry, and when there is great soreness over the body.

If the disease commences with a full pulse, and warm extremities, great benefit will result from giving *Aconite* once in two hours, for twelve or twenty-four hours, or until the extremities are cool, before giving *Bryonia*.

It should be remembered that we can rarely if ever "break up" either this disease or typhoid fever. It is the opinion of many writers that this can never be done; it is quite certain that it generally runs its course, and all we can expect is to lessen its severity, and bring it to a favorable termination. If we would derive the full benefit which remedies are capable of exerting in this and other diseases which have a somewhat specific duration, we must avoid changing our remedies often. *Bryonia*, when indicated in this disease, should generally be continued once in two or three hours, until the sixth or seventh day, or even longer if the patient seems to be doing well. The patient may be regarded as doing well, so long as he is not getting materially worse. If there are sharp pains in the head, with sensitiveness to noise and light, with or without delirium, early in the disease, *Belladonna* may be given instead of *Bryonia* once in two hours, until such symptoms are relieved.

Nux vomica: This remedy may be given in the first stage of the disease, when there is pain in the top and back of the head, when the skin and eyes are yellow, and the tongue yellow or dry, when there is pain, soreness, or fullness and weight in the right side beneath the short ribs, in the region of the liver, and constipation. This remedy will rarely be required for more than two or three days, when it should be followed by *Bryonia*. *Nux vomica* may be given during any stage of the disease, if the above symptoms occur.

Rhus tox.: As the disease approaches the stage of collapse, or great prostration, and the extremities become colder, the pulse weaker, and sordes begin to appear on the teeth and gums, and

the tongue becomes dry and dark, *Rhus tox.* should take the place of *Bryonia*, and be given once in two hours. *Rhus tox.* may be given early in the disease, if the prostration is very great, but in the stage of prostration it is our main remedy, especially when there are muttering delirium, sliding down in bed, cold perspiration, or the dark spots on the skin, and the eruptions named in the description of the symptoms; also, if the bowels should become loose with dark offensive passages, and the breath very offensive.

Arsenicum: If, notwithstanding the use of *Bryonia* and *Rhus tox.*, the tendency to decomposition and dissolution increases until the pulse becomes very small, or irregular, and the surface cold and clammy, *Arsenicum* should be given either alone or alternately with *Rhus*, one hour apart. This remedy is especially indicated, if there are profuse, watery, or offensive discharges from the bowels, with or without burning thirst.

Carbo veg.: If *Arsenicum* fails to check the tendency to dissolution, and the pulse becomes scarcely perceptible, or irregular, the skin even over the body cool and clammy, this remedy may be given instead of *Arsenicum* every hour.

Camphor: If, during the course of the disease, especially about the seventh or fourteenth day, very great prostration of strength suddenly ensues, the pulse becomes small and irregular, the surface cold and clammy, give one drop of the common tincture or spirits of *Camphor*, in a little sugar and water, every fifteen minutes, until the symptoms of excessive prostration are relieved, provided they are relieved within two hours. If at the end of that time reaction does not ensue, give *Arsenicum* and *Carbo veg.* alternately, one hour apart.

Gelsemium semp.: This is a new remedy, which has been used to a greater or less extent by many physicians, in this and typhoid fever. At the commencement of the fever it sometimes does very well, but at present the particular indications for its use are not sufficiently understood. It may be given at the commencement of the attack, when the veins of the head are congested or full, with dull headache, delirium, or wavering of sight, and be repeated every hour until free perspiration ensues. If no

change in the symptoms results within from twenty-four to forty-eight hours, select another remedy. Some physicians give drop doses of the tincture, others prefer the dilutions or globules. Either will answer.

There are other remedies which may be required for the successful treatment of certain cases of typhus fever, especially for the various complications which may arise, such as congestion of the lungs, diarrhoea, vomiting, hemorrhage from the bowels or nose, and bed sores, but as these complications quite as frequently occur in the course of typhoid fever, and as the indications are similar, the reader is referred to the treatment of that disease in such cases; also for suggestions as to diet, &c.

Property of DETROIT
HOMEOPATHIC COLLEGE.
TYPHOID FEVER.

It is the opinion of many physicians and writers, that this is but a milder and modified form of typhus fever, and that it arises from the same cause. There is the same tendency to decomposition of the blood and solids of the body as witnessed in genuine typhus; and in cases which tend to a fatal termination, in the last stage, the symptoms are generally the same as in the latter disease. Typhoid fever generally commences more gradually, is slower in its progress, and longer in its duration than typhus fever. In typhus fever the bowels are generally constipated, whereas in typhoid fever there is predisposition to diarrhoea and soreness in the bowels on the right side of the lower half of the abdomen. Diarrhoea and soreness of the bowels are not always present, especially under homoeopathic treatment, for I have seen well-marked cases of typhoid fever run their course without the occurrence of such symptoms. In fact, under our treatment, when they do occur, they are rarely very troublesome, when they have neither been developed nor aggravated by cathartic remedies. Diarrhoea may precede the febrile symptoms, it may commence with them, or it may commence during the middle or later stages of the disease. The average duration of typhoid fever is twenty-one days, but it may terminate in fourteen days, or linger for

four or five weeks, but rarely for so long a period under homœopathic treatment.

Symptoms.—The disease sometimes commences abruptly by a chill, followed by symptoms of fever; but it often comes on insidiously, and increases gradually, so that it is difficult to fix the exact point of the commencement of the disease. The patient complains of weariness, uneasiness, soreness of the limbs, slight headache, torpor of the mental faculties, and indisposition to muscular action; there is heat of the body and temples, with a tendency to cool extremities. The disease may be so slight as scarcely to require the patient to take to his bed during its course, or it may be very severe, with severe headache, great mental and physical torpor, deafness, delirium, cold extremities, burning heat of body, frequent and small pulse, and, during the latter stages of the disease, dry tongue, sordes on the teeth, offensive breath, and twitching of the tendons. Between the mild and severe cases described above, we may have every degree of severity in different cases. We have the same tendency to hæmorrhage from the nose and bowels, effusions of blood in and beneath the skin, and bed sores, as in typhus fever. There is frequently a troublesome cough, caused by a slow inflammation of the air-passages, or bronchia, and also obstinate vomiting caused by irritation or inflammation of the stomach. The tendency to diarrhœa and abdominal tenderness has already been noticed. For the symptoms which denote a fatal tendency, consult the section on typhus fever.

Treatment.—To prevent the disease in the case of individuals exposed, *Rhus tox.* and *Bryonia* may be given two days apart, as suggested for the prevention of typhus fever, and the same care in regard to cleanliness and ventilation is essential.

Bryonia: This remedy is about as important for the treatment of this disease as in the treatment of typhus fever, especially during the first ten or twelve days of the disease, and when the bowels are constipated. The reader may consult the indications for this remedy, *Rhus tox.*, *Arsenicum*, *Carbo veg.*, and *Gelsemium semp.*, under the head of typhus fever. In slight cases where

there are no local complications, no other remedy may be required during the first stage of the disease but *Bryonia*.

Dose of this and other remedies, see page 7.

Rhus tox. may take the place of *Bryonia* during the latter stages of the disease, provided there is great prostration, with sordes or crusts on the teeth, and twitching of the tendons. If *Rhus tox.* does not check the tendency to a typhus state and dissolution, *Arsenicum* must be given every hour, and finally *Carbo veg.*—if *Arsenicum* fails—in desperate cases.

Gelsemium semp. will often do well at the commencement of the disease when there is great fullness about the head, severe headache or delirium, with or without derangements of sight. Also, if in the course of the disease head symptoms occur, which are not relieved by other remedies, give *Gelsemium* every hour. The above are all the remedies generally required in uncomplicated cases, where there is neither local congestion nor inflammation, but in a majority of cases there are symptoms which require other remedies.

Pulsatilla: This remedy, either alone or alternately with *Bryonia*, will often be useful when typhoid fever commences with a diarrhœa, or when this symptom occurs early in the disease, if there is a bitter taste, whitish tongue, or watery, bilious, or even mucous evacuations from the bowels. Later in the disease, if the stomach is acid, if there are nausea and vomiting, with diarrhœa, it may still be of service.

China is often of service during the forming stage of the disease, when there is a painless, watery diarrhœa, with rumbling in the bowels, paleness of the face, and ringing in the ears.

Arsenicum: This remedy should be given at any stage of the disease when there are watery, slimy, whitish, greenish, or more particularly brownish evacuations from the bowels. If the passages from the bowels become bloody or slimy, or if there is straining with the discharges, *Mercurius viv.* may be given instead of *Arsenicum*. For dark mahogany-colored passages, *Nitric acid* is the remedy.

If nausea and vomiting occur, with tenderness of the stomach on pressure over it, *Ipecac* may be given; and if at the end of

twelve hours these symptoms are not relieved, give *Veratrum Arsenicum* should follow *Veratrum* at the end of twenty-four hours, if the symptoms are not relieved. If the nausea and vomiting are very obstinate, and not relieved by remedies, and everything the patient takes is immediately thrown up, let him take nothing into the mouth, except the proper medicine, dissolved in a few drops only of water, and give an injection of thin rice water, arrow root, or corn starch, night and morning—about a teacupful. This will relieve the thirst, sustain the strength, and not aggravate the stomach symptoms. This course can be continued until the stomach will tolerate nourishment, when the above liquids may be cautiously administered by the mouth, at first only a teaspoonful at a time.

When there is a troublesome cough and bronchial irritation, which are not relieved by *Bryonia* or *Rhus tox.*, *Belladonna* is generally the most important remedy, and may be given alternately with one of these remedies. If *Belladonna* fails to relieve, *Sulphur* should take its place at the end of twenty-four hours. *Phosphorus* will be useful when there is great oppression of the chest, with cough with or without expectoration.

For great oppression of the brain, when the patient lies in an unconscious state, or with muttering delirium, if *Bryonia* and *Rhus tox.* do not relieve, give *Arnica* once in two hours. If *Arnica* fails to relieve the above symptoms within twelve hours, give *Belladonna*. If there are great stupor and drowsiness, which other remedies fail to relieve, give *Opium*.

If the above remedies fail to relieve severe pain in the head, delirium, or oppression of the brain, wet a large towel in cold water, and wrap it around the entire head and face above the eyes, and cover the wet towel entirely with four or five thicknesses of dry flannel; pin the flannel snugly around the head, so that it will keep its place and exclude the cold air. Wet the towel once in two or three hours, until there is some improvement, then only once in six hours.

For bleeding from the nose, if it occurs in typhus or typhoid fever at the commencement of the fever, give *Aconite* alternately with *Bryonia*. If it occurs during the fever before the stage of

prostration, give *Pulsatilla* every hour, and if it fails to relieve, give *Calcareo carb.* If during the latter stage of the disease, give *Arnica* every hour, and follow it with *Carbo veg.*, if necessary. If the remedies do not soon stop the bleeding, consult the article on hemorrhage from the nose, especially the mechanical measures there described.

For hemorrhage or bleeding from the bowels, give *Pulsatilla*, followed by *China*, if the patient becomes very weak and faint. Apply cloths wrung from cold water over the bowels, and change them often until the bleeding stops.

Cathartic remedies should never be given during the treatment of either typhoid or typhus fevers, for I have in several instances, especially in typhoid fever, seen an irritation of the stomach and bowels caused by their use, which no subsequent treatment could cure. Many die from this cause. If the bowels are costive, give nothing more, in addition to the remedies named, than a free injection of tepid water once in two or three days. I have often had patients go one, two, or even three weeks, without a passage, and do well. Still injections, as directed above, will do no harm.

To prevent bed sores, carefully watch the back and hips, and if there are any red, dark, or excoriated spots on the skin, wash them in a solution containing a teaspoonful of *Arnica tincture* to a teacupful of water, once a day, and apply over the parts strips of the common adhesive plaster of the shops. Remove them every day, and wash in the *Arnica* wash. If this does not relieve the parts, all pressure should be taken off the red or excoriated points by the means of cushions and pillows.

General Directions.—The sick-room should be well ventilated by the admission of fresh air, instead of being fumigated by burning substances. The light of the sun should be freely admitted, all day, into the sick-room, to purify the atmosphere, and cheer the patient. The patient should be freely sponged over the entire surface of the body with tepid water at least once a day, and the bed and the patient's linen should be often changed.

Diet.—In cases of typhus fever, and even of typhoid fever, where there is no irritation of the mucous membrane of the

stomach and bowels, manifested by nausea, vomiting, diarrhoea, pain and tenderness on pressure over the stomach and bowels, the patient, from the commencement of the disease, may be encouraged to eat regularly, but moderately, of boiled rice, tapioca, sago, and roasted potato, or of dry toast or cracker, with a small quantity of baked apple. The moderate use of such articles will sustain the patient's strength, and keep up the secretion of gastric juice, so that the patient will be able to take other nourishment much earlier than he could otherwise do with safety. If he has continued to take the above articles from the commencement, when the stage of collapse or great prostration ensues, if the prostration is very great, as it generally is in malignant typhus, the patient, if able, may be allowed to chew a little beefsteak and swallow the juice. Or the juice of the beef may be obtained by cutting or slicing the beef thin, putting it into a bottle, and setting it into boiling water for an hour or two. When the prostration is not very great, as is generally the case in typhoid fever where there is no irritation of the stomach and bowels, it is better, perhaps, not to resort to animal nourishment until the fever has entirely abated. But in all cases where there are nausea and vomiting or diarrhoea, with tenderness on pressure over the right side of the lower part of the abdomen, no nourishment should be taken but liquids, such as rice water, arrow root, toast water, the thin part of oat meal or corn meal gruel, and weak black tea. Nor should food in substance or animal food be given in such cases until after the fever has entirely passed off, and been gone for three or four days, and the patient has a good appetite. And even then it is necessary to use the utmost care in changing to a more substantial and stimulating diet. At first, for a day or two, the rice water, arrow root, or gruel, should be made thicker simply; then, after a day or two more, be made into a thin pudding; and then, after a few days more, dry toast may be given three times a day—never more frequently; after a day or two more, the patient may be allowed to chew beefsteak, and swallow the juice, and after having done this for two days he may swallow the meat. Be thus careful and relapses will rarely follow; but if the patient is allowed to take

food in substance, or animal food, especially broth, as soon as he begins to desire it, a relapse will often follow, and death not unfrequently. Nothing is lost by being thus careful, for the patient will gain strength steadily, in fact, rapidly, on rice water, gruel, &c. I have often known relapses follow, and in several instances death, when animal broths, toast or rice, and other solid articles of food, have been given too soon. In all febrile diseases, if the patient has been several days or weeks without solid food, or without animal food, it is necessary to return to its use with great care, as directed above; for little or no gastric juice is secreted in such cases, and the food, if taken, will not be digested, but will decompose and irritate the stomach and bowels. The patient may be allowed, in addition to the above liquids, to drink cold water, molasses and water, or warm water, milk, and sugar, freely during the course of these fevers when there is no irritation of the stomach and bowels, which is aggravated by their use. A roasted apple put into a bowl of water makes a pleasant drink; also steep a few dried apples in water and drink the liquid. As far as possible have around the patient only those who are needed to take care of him.

INTERMITTENT FEVER,

(FEVER AND AGUE.)

This disease is supposed to be caused by poisonous exhalations arising from decomposing vegetable substances. It rarely occurs north of fifty-six degrees of north latitude; for although there may be sufficient heat, the seasons are too short. The nearer we approach the equator the more violent do these fevers become, and the more constantly do they prevail; whereas, in temperate climates they do not usually prevail until the latter part of summer and autumn. If individuals are attacked with intermittent fever in the winter or spring, it is generally from the disease, or rather its cause, being latent in the system, and then developed by some exciting cause, such as over-exertion, over-eating, or exposure. Persons do not take this fever from residing in sections of country where it prevails during the winter, spring, and latter

part of the fall, after severe frosts have come. Heat and moisture are essential for the development of its cause, but too much wet weather may prevent the generation of the poison in certain localities by covering up decomposing vegetable matter; therefore, in very wet seasons, the lower grounds are usually most healthy, and higher grounds which are ordinarily exempt from disease become sickly. It is inferred that decomposing vegetable substances are necessary for the production of the poison which causes this fever, from the fact that in no situations are intermittent fevers so prevalent as along the banks of rivers, and in the deltas of tropical streams, which, in their periods of flood, deposit large quantities of vegetable substances, which, upon the subsidence of the waters, are exposed to the heat of the sun; also, when grounds are overflowed and then allowed to dry up, as in the case of mill-ponds, where the water is drawn off, exposing moist, dead vegetation. These fevers are very prevalent in new countries, but it often happens that they do not prevail to any considerable extent among new settlers, until they have cleared up the forests so as to expose a large extent of soil to the sun.

VARIETIES OF INTERMITTENT FEVER.—By an intermittent fever, we understand a febrile disease in which there are paroxysms of fever, with an intermission between them, during which the patient is free from fever. When the paroxysms occur once in twenty-four hours the fever is called a quotidian. When they occur once in forty-eight hours it is called a tertian. When they occur once in seventy-two hours it is called a quartan. We sometimes have what are called double types. In the double quartan the patient has a fever two days and skips one day. In the double tertian the patient has a fever every day, as in a quotidian; but it is known from the latter by the fact that the paroxysm either occurs at a different hour every other day, or is more severe, or not as regular in all its stages, on alternate days. We may have intermittent fever without or with very slight chills or sweat; we may have a severe paroxysm of fever followed by profuse perspiration without being preceded by chills. A very slight fever may be followed by a profuse sweat. A paroxysm of intermittent fever may consist principally of chills without being

followed by much fever or perspiration; or we may have a chill followed by heat and perspiration—regular ague and fever.

Symptoms.—Each paroxysm of an intermittent fever, when regular and fully developed, consists of three stages, namely: a cold, hot, and sweating stage, which usually succeed each other in the order named. Sometimes the chill comes on suddenly, without premonitory symptoms; but it is often preceded by a feeling of languor, weariness, stretching and yawning, impaired appetite, with slight fever and pain in the back and limbs. There are sometimes slight paroxysms of such symptoms for two or three days before regular paroxysms commence.

The cold stage is usually ushered in by yawning, stretching, pains in the head, back, and limbs, and by feelings of chilliness in the limbs, which soon extend over the whole body, sometimes seeming to run in streaks, especially up and down the back. Shivering or trembling soon ensues, and even shaking; the teeth chatter, the surface is pale and contracted, the hands are shrunken, and the ends of the fingers often purplish. The breathing is irregular and hurried, and there is oppression of the chest, with a disposition to sigh. Nausea and vomiting frequently occur during this stage. The pulse is small, sometimes very frequent, sometimes slow and irregular. There may be very great thirst or very little, also severe pains in the head, back, and limbs, irritability of temper, delirium, and in children, convulsions. The cold stage generally lasts about one hour, but it sometimes continues but for a few minutes, whereas in other instances it lasts for three or four hours, or even for a longer period.

The hot stage generally follows the cold gradually, chills alternating for a time with flashes of heat. Gradually the whole surface becomes warm, but for a time the least exposure of the surface of the body causes chilly sensations. At length the heat prevails, the skin is distended with blood, the eyes sparkle, the mouth is hot and dry, the tongue furred, and there is often, but not always, great thirst. Nausea and vomiting are occasionally present, the breathing is rapid, the pulse is generally frequent, full, and strong, the skin dry, the urine scanty and high colored. There is almost always violent pain in the forehead and temples,