

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 is 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 proves 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 all 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 prevent 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, avoid all green trashy fruits, and other unwholesome things; and when in childbed, they ought strictly to observe a cool regimen.

CHAP. XXII.

OF THE REMITTING FEVER.

This fever takes its name from a remission of the symptom, which happens sometimes sooner and sometimes later, 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 and sometimes of shorter duration; the nearer however that 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 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, breath 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 is 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 shews 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 their 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 liquors of a more generous nature, such as we 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, bed clothes, &c. should 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 practitioners are apt to imagine. The ingenious Dr. Lind of Edinburgh, in his inaugural dissertation concerning the putrid remitting fever of Bengal, has the following observation; “Indusia, lodices, ac strangula, sæpius sunt mutanda; ac æri exponenda; fæces sordesque quam primum removendæ; oportet etiam ut loca quibus ægri decumbunt sint salubria, et aceto conspersa; denique ut ægris cura puanta maxima prospiciatur. Compertum ego habeo, medicum hæc sedulo observantem, quique ea exequi potest, multo magis ægris profuturum, quam medicum peritorem hisce commodis destitutum.”

The patient's shirt, bed clothes, and bedding, ought frequently to be changed, and exposed to the air, and all his excrements immediately removed; the bed chamber should be well ventilated, and frequently sprinkled with vinegar; in short, every attention should be paid to the patient. I can affirm, that a physician who puts these in

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practice will much oftener succeed, than one who is *even more skillful*, but has not the opportunity of using these means."

MEDICINE.—In order to cure this fever, we must endeavour 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 in general 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 a grain or two of tar 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 continue.

The body ought to be kept open either by clysters or by 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 attention to cleanliness, to keep the body warm, to take sufficient exercise, and in hot countries to avoid damp situations, night air, evening dews, and the like. In countries where it is endemical, the best preventive 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.

CHAP. XXIII.

OF THE SMALL-POX.

This disease, which originally came from Arabia, is now become so general, that very few escape it at one time of life or other. It is a most contagious malady; and has for many years proved the scourge of Europe.

The small-pox generally appear towards the spring. It is 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 humours, run the greatest hazard from it.

This 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.