

been opened, or have broke of their own accord, the patient must be purged. The Peruvian bark and a milk-diet will likewise be useful in this case.

When a cough, a difficulty of breathing, or other symptoms of a consumption, succeed to the small-pox, the patient must be sent to a place where the air is good, and put upon a course of asses' milk, with such exercise as he can bear. For further directions in this case, see the article *Consumptions*.

CHAP. XV.

MEASLES. (*Morbilli* or *Rubeola*.)

THE measles appeared in Europe about the same time with the small-pox, and have a great affinity to that disease. They both came from the same quarter of the world, are both infectious, and seldom attack the same person more than once. The measles are most common in the spring season, and generally disappear in summer. The disease itself, when properly managed, seldom proves fatal; but its consequences are often very troublesome.

CAUSES.—This disease, like the small-pox, proceeds from infection, and is more or less dangerous according to the constitution of the patient, the season of the year, the climate, &c.

SYMPTOMS.—The measles, like other fevers, are preceded by alternate fits of heat and cold, with sickness and loss of appetite. The tongue is white, but generally moist. There is a short cough, a heaviness of the head and eyes, drowsiness, and a running at the nose. Sometimes, indeed, the cough does not come before the eruption has appeared. There is an inflammation and heat in the eyes, accompanied with a defluxion of sharp rheum, and great acuteness of sensation, so that they cannot bear the light without pain. The eyelids frequently swell so as to occasion blindness. The patient generally complains of his throat; and a vomiting or looseness often precedes the eruption. The stools in children are commonly greenish; they complain of an itching of the skin, and are remarkably peevish. Bleeding at the nose is common, both before and in the progress of the disease.

About the fourth day, small spots, resembling flea-bites, appear, first upon the face, then upon the breast, and afterwards on the extremities: these may be distinguished from the small-pox by their scarcely rising above the skin. The fever, cough, and difficulty of breathing, instead of being removed by the eruption, as in the small-pox, are rather increased; but the vomiting generally ceases.

About the sixth or seventh day from the time of sickening, the measles begin to turn pale on the face, and afterwards upon the body; so that by the ninth day they entirely disappear. The fe-

ver, however, and difficulty of breathing, often continue, especially if the patient has been kept upon too hot a regimen. Petechiæ, or purple spots, may likewise be occasioned by this error.

A violent looseness sometimes succeeds the measles; in which case the patient's life is in imminent danger.

Such as die of the measles generally expire about the ninth day from the invasion, and are commonly carried off by a peripneumony, or inflammation of the lungs.

The most favourable symptoms are a moderate looseness, a moist skin, and a plentiful discharge of urine.

When the eruption suddenly falls in, and the patient is seized with a delirium, he is in the greatest danger. If the measles turn too soon of a pale colour, it is an unfavourable symptom, as are also great weakness, vomiting, restlessness, and difficulty of swallowing. Purple or black spots appearing among the measles, are very unfavourable. When a continual cough, with hoarseness, succeeds the disease, there is reason to suspect an approaching consumption of the lungs.

Our business in this disease is to assist Nature, by proper cordials, in throwing out the eruption, if her efforts be too languid; but when they are too violent, they must be restrained by evacuations and cool diluting liquors, &c. We ought likewise to endeavour to appease the most urgent symptoms, as the cough, restlessness, and difficulty of breathing.

REGIMEN.—The cool regimen is necessary here as well as in the small-pox. The food, too, must be light, and the drink diluting. Acids, however, do not answer so well in the measles as in the small-pox, as they tend to exasperate the cough. Small-beer, likewise, though a good drink in the small-pox, is here improper. The most suitable liquors are decoctions of liquorice with marsh-mallow roots and sarsaparilla, infusions of linseed or of the flowers of elder, balm-tea, clarified whey, barley-water, and such like. These, if the patient be costive, may be sweetened with honey; or, if that should disagree with the stomach, a little manna may occasionally be added to them.

MEDICAL TREATMENT.—The measles being an inflammatory disease, without any critical discharge of matter, as in the small-pox, bleeding is commonly necessary, especially when the fever runs high, with difficulty of breathing, and great oppression of the breast. But if the disease be of a mild kind, bleeding may be omitted.*

Bathing the feet and legs frequently in lukewarm water both tends to abate the violence of the fever, and to promote the eruption.

* I do not know any disease wherein bleeding is more necessary than in the measles, especially when the fever runs high: in this case I have always found it relieve the patient. Practitioners, however, are at variance with respect to the time blood-letting may be employed with the most advantage. Dr. Morton thinks it requisite as soon as the eruption is completed. Sydenham recommends it after the eruption has disappeared: but practice, in this respect, should be regulated by the degree of the accompanying inflammation of the lungs, without attending to the particular period of the disorder or the state of the eruption: this is the generally approved practice at the present day.

The patient is often greatly relieved by vomiting. When there is a tendency this way, it ought to be promoted by drinking luke-warm water, or weak camomile-tea.

When the cough is very troublesome, with dryness of the throat, and difficulty of breathing, the patient may hold his head over the steam of warm water, and draw the vapour into his lungs.

He may likewise lick a little spermaceti and sugar-candy pounded together; or take now and then a spoonful of the oil of sweet almonds, with sugar-candy dissolved in it; which will soften the throat, and relieve the tickling cough; or the demulcent pectorals advised under the head of pleurisy, &c.*

If at the turn of the disease the fever assumes new vigour, and there appears great danger of suffocation, the patient must be bled according to his strength, and a blister applied, with a view to prevent the load from being thrown on the lungs, where, if an inflammation should fix itself, the patient's life will be in imminent danger.

In case the measles should suddenly disappear, or before the proper time; it will be necessary to pursue the same method which we have recommended when the small-pox recede. The patient must be supported with wine and cordials. Blisters must be applied to the legs and arms, and the body rubbed all over with warm flannels. Warm poultices may likewise be applied to the feet and palms of the hands: diaphoretics, &c.†

When inflammation attacks the chest, a warm bath strongly impregnated with salt, has been found a powerful subsidiary remedy, in addition to blood-letting.‡

If the symptoms manifest a tendency to a putrid or malignant form of disease, they must be treated accordingly, as directed in slow nervous (typhus) fever.

When purple or black spots appear, the patient's drink should be sharpened with spirits of vitriol; and if the putrid symptoms increase, the Peruvian bark must be administered in the same manner as directed in the small-pox.

Opiates are sometimes necessary, and should be given combined with some saline diaphoretic, at bed-time: but, they should never be given except in cases of extreme restlessness, a violent looseness, or when the cough is very troublesome. For children the syrup of poppies is sufficient. A teaspoonful or two may be occasionally given, according to the patient's age, or the violence of the symptoms.

During the whole course of the disease it will be highly proper to keep the body open; and, therefore, if costiveness exist, it

* Take Almond Mixture, 5 ounces.
Nitrate of Potash, 15 grains.
Syrup of Poppies, $\frac{1}{2}$ drachm.
Mix, and let the patient take a dessert spoonful when the cough is troublesome.

† Take Antimonial Powder, 6 grains.
Make a powder, to be given every three, four, or six hours.

or
Take Spirit of Nitric Æther, 2 drachms.
Solution of acetated Ammonia, 6 drachms.
Mint Water, 5 ounces.
Syrup of Saffron, 3 drachms.
Mix.—Two table-spoonful to be taken frequently.

‡ See Dr. Armstrong, on Scarlet Fever.

should be obviated by cooling laxatives, such as the neutral salts and emollient clysters. Where the difficulty of breathing and oppression at the chest are not relieved by bleeding, and other antiphlogistic means, a blister may be applied in the neighbourhood of the part or between the shoulders. In removal of local inflammation, a blister often proves a valuable remedy.

After the measles are gone off, the patient ought to be purged. This may be conducted in the same manner as directed in the small-pox.

If a violent looseness succeed the measles, it may be checked by taking for some days a gentle dose of rhubarb in the morning, and an opiate over-night, or by the use of other astringents;* but if these do not remove it, bleeding will seldom fail to have that effect.

Patients recovering after the measles should be careful what they eat or drink. Their food for some time ought to be light, and in small quantities; and their drink diluting, and rather of an opening nature, as butter-milk, whey, and such like. They ought also to beware of exposing themselves too soon to the cold air, lest a suffocating catarrh, an asthma, or a consumption of the lungs, should ensue.

Should a cough, with difficulty of breathing, and other symptoms of a consumption, remain after the measles, small quantities of blood may be frequently let at proper intervals, as the patient's strength and constitution will permit. The camphor mixture combined with a fourth part of the water of acetated ammonia, forms a very useful medicine in that particular species of consumption which frequently succeeds the measles. He ought likewise to drink asses' milk, to remove to a free air, if in a large town, and to ride daily on horseback. He must keep close to a diet consisting of milk and vegetables; and lastly, if these do not succeed, let him remove to a warmer climate.

CHAP. XVI.

SCARLET FEVER. (*Scarlatina.*)

THE scarlet fever is so called from the colour of the patient's skin, which appears as if it were tinged with red wine. It happens at any season of the year, but is most common towards the end of summer: at which time it often seizes whole families. Children and young persons are most subject to it.

It begins, like other fevers, with coldness and shivering, without any violent sickness. Afterwards the skin is covered with red spots, which are broader, more florid, and less uniform than the measles. They continue two or three days, and then disappear; after which the cuticle or scarf-skin falls off.

* Take Chalk Mixture, 6 ounces. Make a mixture, two table-spoonful to be
Syrup of Poppies, 6 drachms. taken after every liquid stool.