

## **DIPHTHERIA.**

This disease frequently commences very gradually. The patient is depressed, weak, has headache, nausea, slight diarrhea, and drowsiness. The neck is stiff for several hours before the throat becomes sore. Then the tonsils and inside of throat become inflamed and of a dark color. The palate becomes so swollen that the patient cannot swallow without pain. There is next seen on the mucous membrane of the narrow parts of the upper portion of the throat, ash-colored specks which gradually enlarge and join together, forming a false membrane known as the diphtheretic membrane. This membrane thickens as the disease progresses. Death may occur from hemorrhage, suffocation, or exhaustion.

**Treatment.**— The patient should at the outset of the disease be placed in a hot sitz and foot bath, with hot fomentations to the throat at the same time. Ice or ice water should at all other times be constantly applied to the throat externally, and sips of ice water containing bits of ice should be taken every few minutes. When ice can be held in the back part of the mouth, it is proper to do so. The hot bath should be given twice a day, and the ice applied constantly until the soreness

leaves the throat. Treat the fever by giving two or three tepid packs a day for ten or fifteen minutes.

*A bacterial infection of the nose and throat caused by *Corynebacterium diphtheriae*. The most common symptom is a thick gray coating on the throat and tonsils.*



*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 311-12 by M. G. Kellogg*