

NERVOUS FEVER-TYPHOID FEVER.

In this fever, there is great debility, occasioned by the peculiarly weakened condition of the vital organs at the access of the fever. This disease usually lasts from fourteen to twenty-four days, when no drugs are taken. If drugs are taken, it very often lasts from thirty to fifty days, unless it sooner terminates in death.

Symptoms.—At first the symptoms do not differ from those of a mild or insignificant fever; but as the disease advances, the pulse becomes frequent, weak, and irregular, the mind is dejected or delirious, the tongue is covered with a thick, white mucus. The countenance is pale and expressionless, yet the patient manifests no apparent anxiety. There is extreme weakness, but not much grossness or putricity, the breath is not very foul, neither are the discharges from the bowels as offensive as in putrid fever. After a few days, the skin, which at first is dry, becomes covered with a clammy sweat.

Treatment.—The cold applications must never be administered in this disease, except to the head. If the fever is general and the heat great, the tepid sheet may

be applied. Generally there will be a feeble circulation in the feet, consequently they will be cold. The principal treatment should consist in keeping the circulation equalized. This can be done by applying jugs or bottles of hot water or bags of hot sand to the feet and limbs when cold, and tepid wet cloths spread over the body and limbs when preternaturally hot, or by frequent spongings of the whole body with tepid water. Relieve diarrhea, constipation, or nausea, the same as in other fevers. Give frequent sips of water to drink, but it must not be too cold. In this form of fever, the patient must have perfect quiet, and must see no one but the nurse. In all other respects, treat as directed for fevers in general. Under drug treatment, this disease is often fatal; under the hygienic system, it is seldom fatal.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 268-70 by M. G. Kellogg