

## MEASLES.

This is a contagious disease that usually occurs but once. It is contracted by breathing air containing the germs or contagion that have escaped from those who have the disease. The period of incubation, or the time from exposure till the disease appears, is usually from nine to fourteen days.

**Symptoms.**—The early symptoms consist of lassitude, shivering, feverishness, catarrh, running at the nose, a dry, hacking cough, with hoarseness, difficult breathing, and sneezing. Soon there

is swelling of the eyelids, the eyes become watery, and there is intolerance of the light, drowsiness, great heat of skin, a frequent and hard pulse. Headache and pain in the back frequently occur, also nausea, with retching. The eruption appears on the fourth day usually, sometimes a day or two later. It consists of little dots, and resembles flea bites. These gradually run together into small blotches, which are semicircular in shape and of a red color,

*Abdomen*



and rough to the touch. These points do not become pimples, as they contain no fluid. The rash appears first on the forehead and extends downward. It begins to disappear on the seventh day. The fever does not abate on appearance of the rash, as in small-pox.

With proper treatment, measles is not a dangerous disease, unless the patient's system is very foul, in which case there would be an aggravation of all the symptoms, and especially of the chest and throat difficulty. The eruption would be of a dark color and appear earlier, often receding and re-appearing. The last form is known as black measles, or malignant measles.

**Treatment.**—In the mild or red form, give two or three cool or tepid packs each day until the fever subsides. Large wet cloths over the patient's body and limbs will answer as well if the fever is slight. Tepid water only should be applied after the eruption appears.

If the eruption is suddenly repelled, a hot pack should be given immediately. Free the bowels with a warm enema. Keep the room moderately warm, but well ventilated. If there is much soreness in the throat or much inflammation in the lungs, apply hot fomentations over the parts twice each day for thirty minutes, alternating the hot cloth with a cold one every five minutes. The black or malignant variety should be treated precisely like putrid fever, which see.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 281-83 by M. G. Kellogg*