

## SCARLET FEVER— SCARLATINA.

This, is a contagious disease which makes its appearance in from four to six days after the contagious poison has been received into the system. It seldom occurs more than once.

This fever is attended through some part of its course by a rash and by a sore throat, these being the two main features of the disease. When the rash and the sore throat are both well developed, the disease is called scarlatina anginosa. In other cases, there is a very marked development of the rash, with but little or no affection of the throat, and is known as scarlatina simplex. In still other cases, the throat is very seriously affected, when the disease is known as scarlatina maligna, and as putrid sore throat.

**Symptoms.**—This disease commences the same as any ordinary fever, with the exception that there is a soreness in the throat, the pulse is frequent, the skin soon becomes hot, and the patient finds it difficult to swallow, and is restless and wandering at times. The eruption usually appears on the second day in the form of number less bright red points, first on the neck and arms, then on the body,

and lastly on the legs. The eruption may all come out in one clay, though it is usually two or three days reaching its hight. The mucous membrane of the mouth and throat becomes inflamed, and, in the malignant form, very much ulcerated, or even putrid. The tongue is white, with red points projecting through the white portion like seeds in a strawberry. The tip and edges of the tongue are red. The soreness of the throat and stiffness of the neck are about the first symptoms.

In the malignant form, the eruption is dark colored, the pulse is feeble, the skin is cold, and the throat extremely sore, the patient being scarcely able to breathe.

When treated with drugs, the disease, especially of the malignant form, very often proves fatal; and of those who recover, the most are affected for life with some chronic difficulty, said to be a sequela of the fever, but in reality of the drugs, for no such sequela ever occurs when treated as directed here, neither is it a fatal disease in the majority of cases.

**Treatment.**—In the mild form, this disease should be treated according to directions for simple fever and the treatment of fever in general. The throat, however, should be wrapped about with a cold compress, using ice in the water, if it can be obtained. In the malignant form, if the fever is high, the cool pack or

cool bath should be constantly applied until the heat is reduced, or it may be reduced by applying warm or even hot applications, as the water evaporates more rapidly. The feet must be kept warm at all times. The hot bath at 105° may be given two or three times a day for fifteen or twenty minutes at a time at the commencement of the disease. Very hot fomentations, alternated every five minutes with ice-cold compresses should be applied to the throat every hour for a half hour at a time, with ice water to the throat at all other times, until the fever is subdued and the soreness in the throat is relieved. Ice may be eaten and sips of ice water taken freely. In other respects, treat simple scarlatina as simple fever, and malignant scarlatina as putrid fever.



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*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 283- 85 by M. G. Kellogg*